# teen

August 1999

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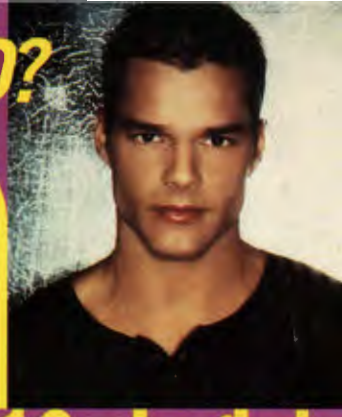

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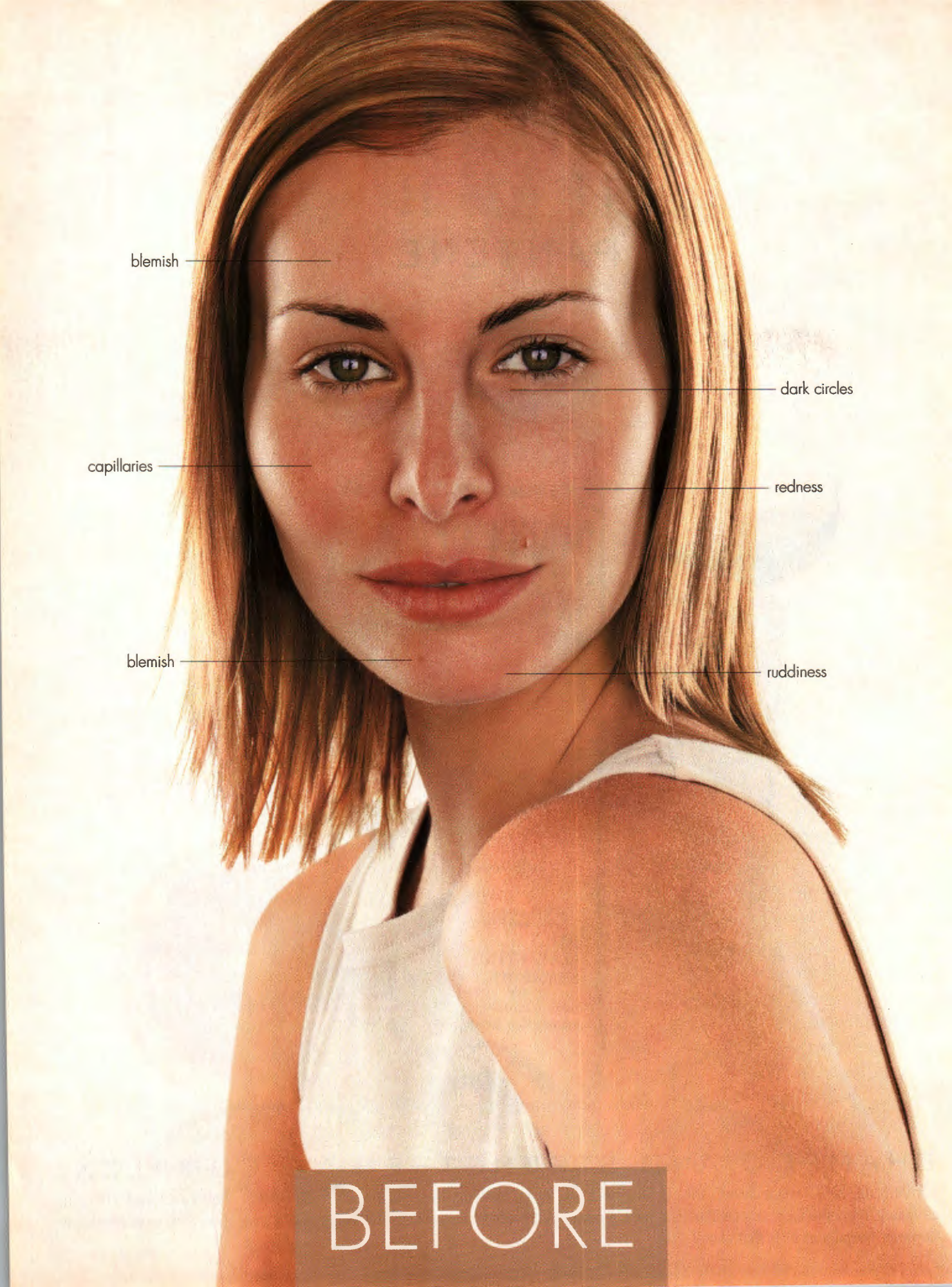
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# august


## up front

**18** Meet Our Cover Model Brilliant Britney Spears.

**22** Your Letters Your responses to cover babe Paul Walker, our article on morality and more.

## beauty

**24** Your Looks Lusciously glossy lips, polish you peel off in a snap, a fresh fragrance from Tommy Hilfiger.

**26** Your Looks Q&A The Rx for callus-free feet, how to cover up after too much fun in the sun.

**28** Your Hair Sparkly clips to make you shine like a star, tress TLC, find the best brush for your hair.

**32** Buffy Beauty Sharing style secrets with Alyson Hannigan.

## style

**34** You Shop Visit The Attic, where vintage is always in.

**38** Etc. Go gray for fall.

## advice

**40** Chew on This What's your eating style?

**42** Sex & Body Talk Problems with pinkeye, checking a lump in your breast, scary stats on smoking.

**44** Love Doctor When friends and fam don't like your guy.

**46** Mind Matters Need a jump start? We've got eight great tips to make you more motivated.

**50** Shape Up Get your heart pumpin' with some steamy salsa dancing, win the newest Nikes.

**52** Ask Juli Coping with losing a parent, a friend who shuts you out, what to make of breast-obsessed boys.

## guys

**54** Guy Likes...Guy Gripes How does he rate double dates?

**56** Ask a Guy Her boyfriend's beginning to bug her!

**58** Dating Ask him out without asking him out.


continued

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celeb site

real life

slant

good reads

more

## celeb site


**60** ***Time Out with Britney Spears*** *By Marisa Laudadio. An exclusive chat with the teen diva!*

**64** ***Who's That Babe?*** *Sexy Brendan Sexton III.*

**65** ***Teen on the Scene*** *Backstreet Boys take on the Big Apple.*

**66** ***Star Stuff*** *Catching up with Ma$e, divine 3deep, plus the movies and CDs to know.*

**70** ***Solo Sweeties*** *The gorgeous solo (artists, that is) guys of music.*

**76** ***Celeb Yearbook: Before They Were Stars*** *Then they were jocks, brains, even nerds.*


## real life


**82** ***Forbidden Crushes?*** *By Laura Morgan. Is your love really disaster in disguise?*

**86** ***For Real*** *Is there life on other planets?*

**88** ***Quiz: Is He More Than Just a Friend?*** *By Katie Crouch. Find out if you two are pals or lovebirds-to-be.*

**90** ***True Story*** *"Cloaked in Danger," by Shugofa Noori Kabir, as told to Deborah Ellis. One girl's escape from the Taliban militia.*

**92** ***Roughing It & Loving It*** *By Nancy Rones. Four girls tackle the world with Outward Bound.*


## looking good


**97** ***What's Inside***

**98** ***Retro Rocks!*** *Everything old is new again.*

**106** ***Chill Out*** *Keep your cool with these hot tips.*

**110** ***Hi Tech*** *Fashion with futuristic flair.*

**116** ***45 Best Beauty Secrets*** *Style tips straight from our readers' lips.*


## slant


**122** ***Plug In*** *Shopping online (without a credit card!), a great new gadget for messaging.*

**124** ***Hot Dish*** *The lowdown on pulling pranks and whether guys are more violent than girls.*

**126** ***Hot Page*** *From backpacks to a cute Filofax, we've got going back to school covered.*

**128** ***What's Up*** *The rules of pools, rambling around in Washington, D.C., a dream diagnosis.*


## good reads


**130** ***Real Teens: Diary of a Junior Year***

**134** ***In Your Own Words***

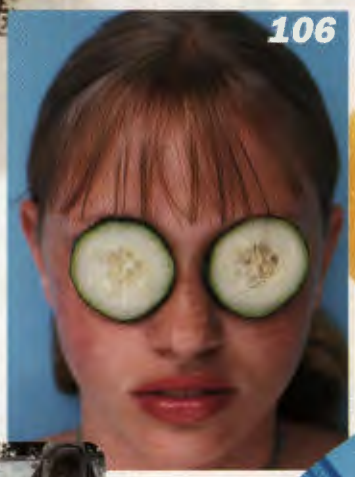

## more

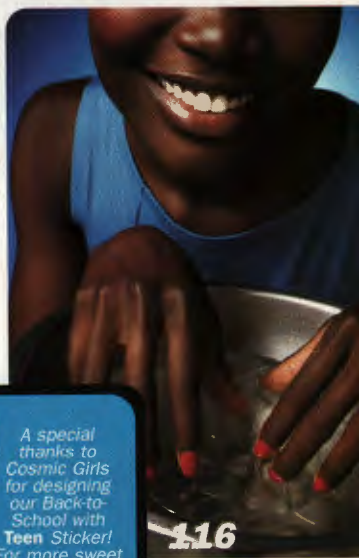

**136** ***Horoscope***

**138** ***Mail Order Madness***

**143** ***Where To Shop***

**144** ***Why Me?***



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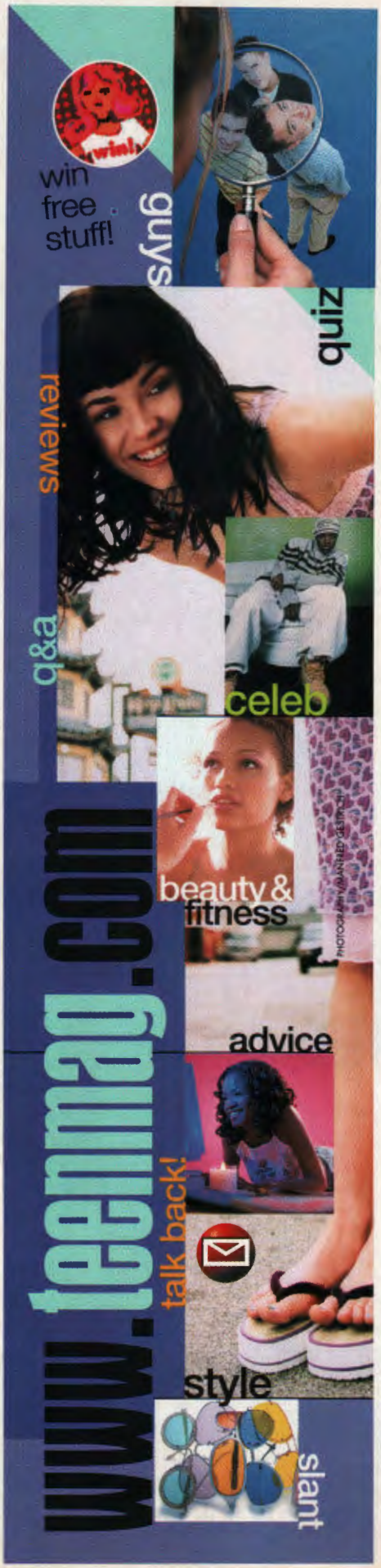



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# meet our cover model britney

## BRITNEY SPEARS ON PERFECT EARS AND DRESSING UP TO GO OUT.

***Here, the Teen editors are psyched to be dishing with Britney at the photo shoot.***

If you ask us, Britney Spears seems pretty close to perfect. But ask the songbird herself, and a litany of self-deprecating comments flows from this down-to-earth diva (that's why we love her!). "I wish my hair was thicker, and I wish my feet were prettier. My toes are really ugly. I wish my ears were smaller. And my nose could be smaller too," she says, laughing at herself. After spending time with her for our cover photo shoot in Hollywood, all we have to say is: C'mon, girl, get real. We can only dream about leading the life of a gorgeous, talented, rising pop star (sigh). In keeping with her home-spun attitude, Britney totally won us over by admitting that she's most comfortable when she's dressed like a total slob (no prima donna here!): "I've always been a big sweats person," she says. In fact, the one article of clothing she can't live without is her Todd Oldham sweatpants. She might be all glammed up in her videos, on photo shoots and when you catch her in concert, but she says, "When I go out, I love jeans and cute little shirts–I call them ballerina shirts. They kind of go off your shoulder just a bit." It's no surprise Britney likes these shirts, since she's been dancing since she was a little girl. For more on Britney, read *Teen*'s exclusive interview on page 60.

***Win big! Head back to school in Britney's cute outfit (left). We're giving away 10 of 'em to lucky winners who'll be fashionably ready for the first class bell of the season. See page 134 for all the info.***

Cover photography/Mike Ruiz. Makeup/Elan Bongiorno, Celestine L.A. Hair/Craig Gangi, Artist Group Mgmt. Photographed at Miauhaus Studios. Inset photography/Diego Uchitel.

Sweater and shirt by Tommy Jeans. Skirt by Dr. Martens. Knee-highs by K. Bell. Shoes by Chinese Laundry.

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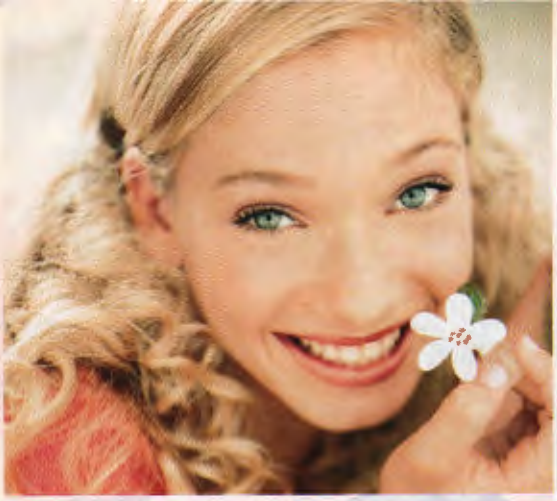


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# 31 things to do in AUGUST

Bond with your sister (or best bud!) on National Sisters' Day, Aug. 1.

Make plans to see Detroit Rock City and celebrate star Edward Furlong's 22nd b-day (Aug. 2).

Teen's September issue—featuring a special celebrity cover—goes on sale Aug. 10. Inside, find: *to-die-for denim, *fresh-for-fall beauty secrets, *"ones to watch"—the 15 hottest celebs on the planet—and more!

See the future: have your palm or cards read during National Psychic Week (Aug. 2–6).

Write your buds notes, but DON'T READ 'EM till the last day of class next year.

Clean your room or delete old e-mails during Simplify Your Life Week (Aug. 1-7).

Grab some 'corn and see a double feature—Fight Club and Mystery Men open Aug. 6.

It's official on Aug. 7: at 11:40 a.m. EDT, summer's half over.

Family Day is Aug. 8, so do something nice for each member of your fam.

Rent Gillian Anderson's Playing by Heart to celebrate Scully's 31st b-day (Aug. 9).

Make a pinhole viewer to safely watch the solar eclipse on Aug. 11.

The sewing machine was invented on Aug. 12, 1851, so sew a cute bandanna top.

Get ready for Friday the 13th: Invite all your friends over for a horror-flick fest.

See Teaching Mrs. Tingle, with Katie Holmes and Barry Watson (opens Aug. 13).

Take a nap—it's National Relaxation Day (Aug. 15).

Catch up on thank-yous in Thanks for All the Gifts Week (Aug. 15–21).

Check out www.pollstar.com for info on summer concerts.

Roses are bright red, violets are oh so blue, Aug. 18 is Bad Poetry Day, so write a rhyme about your shoe. (Hey, it's supposed to be bad...)

Smile at any guy wearing a vest; it's Matthew Perry's 30th b-day.

Wear your hair in pigtails or braids to turn up your cute quotient.

Make a mix tape with sad songs on side A, upbeat tunes on side B.

Be the bigger person and say you're sorry with a smooch. Aug. 25 is Kiss-and-Make-Up Day.

Relive your childhood—build a fort with couch cushions and sheets.

Naked in class? Log on to library.advanced.org/11130 and decipher your dreams.

Make a T with an iron-on decal from the craft store or hav a copy shop make one for you.

On Women's Equality Day (Aug. 26), learn about women who broke barriers at www.gale.com.

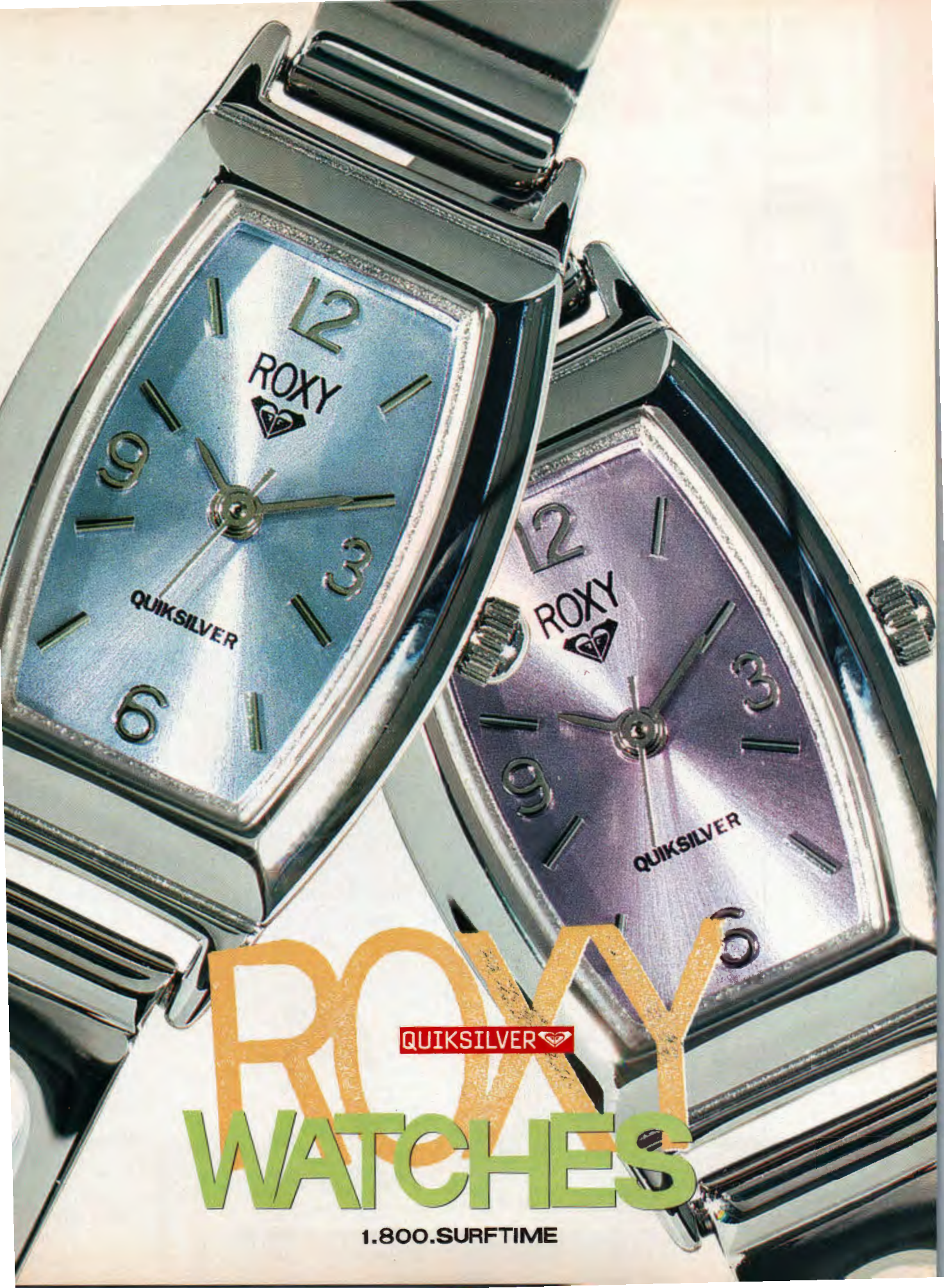
Nature lover? Art afficionado? Research how to help a cause you care about.

Be a diva for a day in honor of LeAnn Rimes' 17th birthday (Aug. 28).

Wash, wax and vacuum your car. Don't drive? Do it for Mom or Dad's wheels.

Rent There's Something About Mary on Cameron Diaz's 27th b-day (Aug. 30).

School's cool with the right tools. Check out Webster's online dictionary at www.m-w.com.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# your letters

## cutecover

When I saw Paul Walker on your cover [May '99], I almost screamed! I first saw him in *Meet the Deedles* and then in *Pleasantville*. I thought he was so hot, but no magazines have really paid much attention to him. He looked so cute! Plus, you added those hot pinups of Ryan Phillippe, 'N Sync and Freddie Prinze Jr.! I love your magazine! –C.M.*, Texas

Thank you so much for having Paul Walker on the cover of your May issue. I think he's so adorable. I hope to see more of him in future issues. You've got a great magazine. Keep up the good work!–M.S., 16, Ohio

## suitup

I really enjoyed reading your May '99 issue. "Swimwear Your Way" was very helpful. All the bathing suits were very cute and reasonably priced. It helped me find the best suit for me. Thanks!–J.L.*, Fla.

I am a regular reader of your magazine, and I love everything about it. But it really bothered me that you had the same girl modeling every suit in your swimwear story when they're supposed to fit different-shaped teens. I would appreciate it if you kept this in mind for future issues. –M.C., 13, Wash.

## moffattmania

I love The Moffatts, especially since they grew up in the town next to mine. They're so sweet and their music is the best! I've been a fan of theirs for a long time. Thank you so much for mentioning them in your May issue [Star Stuff]. –H.M., 15, British Columbia, Canada

## moralmeltdown

I just finished reading your article "Morality Matters" in the May '99 issue. This article really hit home. Last week I let a friend of mine read my chemistry class homework because she was unsure of what to write. Little did I know that's considered cheating in my school! Apparently, when she wrote hers, it was really similar to mine. My teacher understood that what happened wasn't intentional and offered to give me a 60 if I admitted to cheating. Still believing that I hadn't, I settled for a zero rather than compromise my morals. My friend took the 60. It disgusts me that I was asked by an adult to decide what was more important to me, my morals or my grades. Maybe if there wasn't such an emphasis on grades, there wouldn't be such a problem with cheating.–L.C.*, Mass.

"Morality Matters" got me thinking. The one part of the article that really bothered me was when you quoted one teen saying she doesn't lie, cheat or steal because her parents taught her right from wrong. My parents also taught me right from wrong, but I don't claim to be perfect. I think that some teens do need higher morals, but I think that most of us are just fine. Small things like telling a lie every once in a while are just a part of life.–V.P.*, Wash.

Paul Walker photography/Alberto Tolot.

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## getreal

Real Life is my favorite section of your magazine. I love the true stories—that's usually the first thing I read when I get your magazine. Is there any way your readers can submit their own true stories?—C.K., 13, Minn.

**Ed. note:** Sure! Send a short summary (like one or two paragraphs) of your experience to True Stories, *Teen*, P.O. Box 48991, Los Angeles, CA 90048. Make sure to include your phone number or mailing address so we can get in touch with you if we decide to print your submission.

## relaxedreader

Thanks for the article about meditation [Mind Matters, May '99]. I've meditated a couple of times now and I'm getting better all the time. It's easier than I thought it would be, and it works pretty well. I always thought you had to believe all this weird stuff, but you really just have to concentrate on something constant.—W.G., 13, Calif.

## beggin'forbritney

Hey, guys! I love your magazine. I've been reading it for about four years now. The only thing is, I would like to see an article about Britney Spears in one of your future issues. I think she's an excellent young singer with lots of talent.—Jessica*, Ohio

**Ed. note:** You wrote, we listened! You guys sent us so much mail asking us to interview Britney, we knew we had to put her on our back-to-school cover. Check out our exclusive interview with her on page 60!

* Reader did not provide her age.

We want to hear from you! Write to: Your Letters, *Teen*, P.O. Box 48990, Los Angeles, CA 90048. Or write us via e-mail (teen@teenmag.com). Don't forget to include your name, age and address. All materials sent to the editors will become the property of *Teen* and cannot be returned.

## readerart

Submitted by Maggie Cadena*, Mich.

Submitted by Anyamanee Saweanfsri*, Fla.

letter e-mail most reader mail


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Peter L. Gould

### 1/get glossy

*High-shine kissers were all the rage on the catwalks this season—check out the polished pout on the Gucci runway. Be part of the gleam team by coating your lips with Clinique's new Liquid Lipstick SPF 15. The supershiny shades are packed with aloe extract and vitamin E for a traffic-stopping pucker.*

### 2/peel-off polish

*Do you change your nail polish as often as you change your outfit? All you color chameleons out there can't miss Lancôme's Vernis Zapping One Day Peel-Off Nail Lacquer. The glossy polish lifts off in a single peel and comes in six shades, from Zibeline, a dark plum, to Zanzibar, a pearlized pink. (Note: It's for fingers only—that means no toes.)*

### 3/cucumber cure-all

*If you're feeling overwhelmed by the hustle and bustle of everyday life, Origins has the perfect chill remedy: soothing bath products chock full of refreshing cucumber. Veg out with All's Well Cucumber Body Wash (pictured), Body Duster (pictured), Body Souffle, Bath Bar, Body Balm and Salt Soak, and turn your tub into a spa.*

### 4/bite back

*Have crawling critters and flying pests made a meal out of you this summer? Put a stop to the feeding frenzy with Demeter Plain Pleasures Natural Bug Repellent Oil. The all-natural formula—full of plant essences like lavender, spearmint and geranium—not only keeps bugs away, it also smells great and helps limber up muscles (tennis, anyone?). Available in Plain Pleasures Golfing Friend, Fishing Friend, Gardener's Friend and Tennis Friend. To order, log on to www.fp1.com or call 800/482-0422.*

### 5/big-sister scent

*Meet Tommy Girl's wild older sister, Freedom. The new fragrance by Tommy Hilfiger creates chemistry with hip, earthy scents like citrus sorbet, Asian ginger and satinwood. When you're feeling adventurous (or you just want to smell great), spritz it on and go, girl!*

**—Lauren McCann**

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# beauty q&a

## I have a rough ridge around my toe from wearing a toe ring all summer. How can I get rid of it?—H.N., 16, Mich.

Summer may be the best time to bare your feet, but with all the wear 'n' tear they need a little TLC. To keep tootsies in show-off shape, follow these pedicure secrets from Thomas Goldman, D.P.M., a N.Y.C.-based foot guru: While you're soaking in the tub, gently rub the toe ring callus with a soft scraper (like Les Mirages Footprint Pedicure File) until the skin is smooth. Then use a pumice stone to soften the tough skin on your heels (caused by playing barefoot or sporting open-heeled sandals). Thoroughly dry your feet (don't forget between the toes!) and coat 'em with a thick exfoliating moisturizer (try Eucerin Plus Alphahydroxy Moisturizing Creme). To treat blisters caused by sandals, lightly poke the fluid-filled bump with a sterile needle, allow it to drain, then dab on some over-the-counter antiseptic ointment (like Neosporin). Remember: Wear flip-flops at the beach or pool to steer clear of infection-causing bacteria.

## I spent the day in the sun and fried my face. How can I camouflage the redness?—J.T., 15, Ariz.

We're assuming that the store was sold out of sunscreen, 'cause we know you wouldn't risk the rays otherwise. You should *never* leave home without slathering on a sunscreen with an SPF of at least 15. But if you've been baked, try these tips from Nick Barose, a N.Y.C.-based makeup artist: First, to prevent peeling, keep your face moisturized with a heavy-duty cream (like Noxema Skin Fitness Intense Replenishment Oil-Free Moisturizing Cream). Allow it to absorb and reapply if your skin still feels dry or scaly. Use makeup to mask the redness, but keep it simple. Dot a creamy concealer (like Jane No-Show Concealer) in a medium shade over burned spots or use a tinted moisturizer (try Neutrogena Moisture SPF 15 Sheer Tint) all over. Then, to draw attention away from your fire engine–red face, play up your lips and lids with berry, gold or copper tones.

**—Dorothy Nelson**

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***Beauty quandary? Ask the experts.*** *Write to: Your Looks Q&A,* Teen, *P.O. Box 48990, Los Angeles, CA 90048; e-mail: looks@teenmag.com. Please include your age and address. Sorry—we can't answer letters personally, but you will see those that are of widest interest to* Teen *readers.*

# beauty bummers

## A Teen reader shares her most embarrassing "why me?" beauty blunder.

*"I was grabbing some homework from my locker before I left school for the day. Just as I was putting on my new shade of lasting lipstick, a bunch of guys came barging down the hall. To make room for the stampede, someone shoved my arm, making me color my cheek with the lipstick. To make matters worse, the stuff wouldn't budge, so I had to ride home on the bus (with my crush!) with a streak of pink on my cheek."—T.V., 16, Mass.*

Photographed by Dominick Guillemot. Makeup/Natalie Miller, Cloutier. Hair/Ian James, Cloutier.

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## 1/Twinkle, Twinkle

You'll shine like the star you are with these Twinkle Feel Pretty hair treats. Tarina Tarantino, who designs hair clips, rings and tiaras for celebs like Claire Danes, Neve Campbell and Minnie Driver, has created this new allowance-friendly line (they range from $6 to $14). The collection's packed with baby bee bobby pins and snowflake and floral clips in candy colors. Check 'em out at Nordstrom or call 323/694-1998 for more info.

## 2/Color Care

Is your recently dyed 'do fading already? Try these tips to keep your shade salon fresh: Water's the major culprit behind fading, so use Pantene Pro-V Color Protector Pre-Wash Spray on dry hair before you wash. Follow with a mild shampoo (like Pantene Pro-V Color Gentle Cleansing Shampoo) to prevent stripping. Colored strands also need extra conditioning, so lock in moisture with Pantene Pro-V Color Vitalizing Care Conditioner. For even more TLC, try a daily moisture mist (like Pantene Pro-V Color Leave-in Finishing Spray With UV Filters).

## 3/Hair Repair

Are your strands fried from constant coloring or styling? Try Redken Extreme Anti-Snap Treatment for mane mending. This protein-rich leave-in repairs hair on the spot and prevents further damage from heat styling, chemical processing and the sun's rays. Call 800/REDKEN8 for info.

## 4/Brush 411

There are a bazillion brushes out there, but one's perfect for you. Find it with the help of Roy Teeluck, creative director at Frèdèric Fekkai.

**For short styles:** Metal-plated round brushes (like the Goody Classic curling brush with a metal barrel) heat up under a blowdryer (think curling iron, but less damage). Use a tiny barrel for tons of texture or a medium one to get a softer style.

**For medium-length locks:** Round bristle-haired brushes (try Privado by Goody Naturals) work with any hair texture. Straighten curls by pulling hair taut while drying or build body by creating giant curls.

**For long strands:** Paddle brushes grab lots of hair, making blowdrying a snap. Flat, cushion-back choices (like DiCisare Oval Cushion Brush) are great for sleek, shiny styles. Tip: Try fake boar's hair or a nylon-and–boar's-hair combo.

## 5/Sleek Peek

Gwyneth Paltrow and Lisa Kudrow are just a couple of the stars wearing supersleek styles. For a glam look of your own, follow this how-to from Steven Dillon, a N.Y.C.-based stylist and Matrix spokesperson: First, deep-condition your hair. After you towel-dry, massage one drop of conditioning cream (try Kiehl Shine and Light) and two drops of silicone serum (try Zero Frizz Anti-Frizz Serum) into tresses. Blowdry strands straight using a flat paddle brush. (Curly 'dos may need extra serum on the ends to fight leftover fuzz.) Create a side part and pull your hair into a tight ponytail at the nape of the neck. Twist the tail, then wrap it into a bun. Use a spritz of spray (like Systéme Biolage Complete Control Hairspray) to keep it all in place.

—Dorothy Nelson

Ron Davis/Shooting Star

John Kelly/Retna

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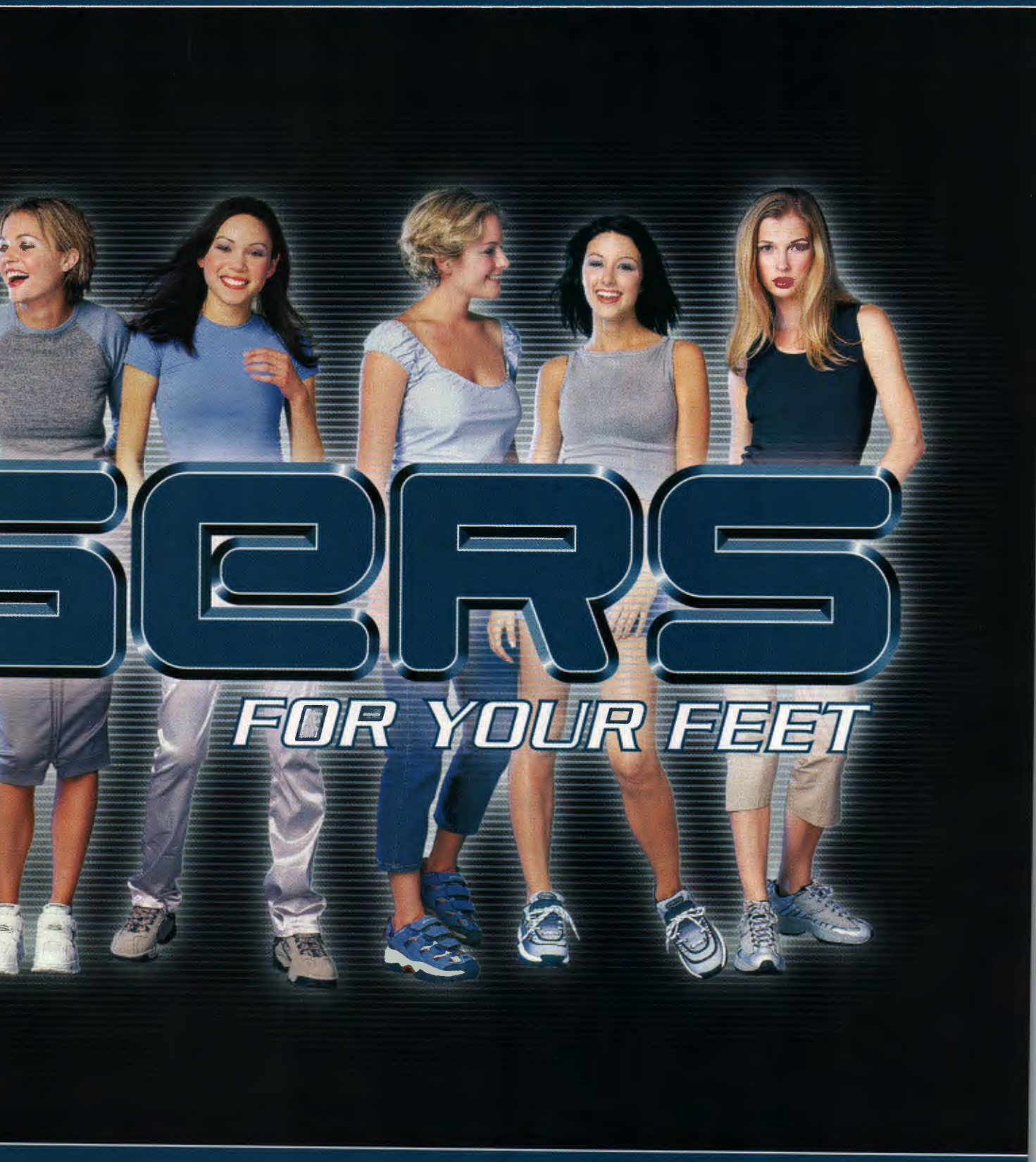


SKECHERS
SPORT

BATH BUDDY
This cute, cuddly creature is really a loofah sponge. "It's always fun to have toys in the shower," shares Alyson. "Actually, my dogs would love these!" (Bath Buddies, $3.95 each.)

GLITTER GLOSS
Get set to sparkle with this Body Shimmer gel you can apply almost anywhere. Once it's on, the shiny stuff stays put. "It's all about not having to reapply," says Alyson. (Body Shimmer, $6.50.)

TWINKLY TRESSES
Alyson loves these hair gems for a quick, easy way to dress up her 'do. "It makes you look like you've actually done your hair," she says. (Twin-kle Gems, $12.95 to $23.95.)

BATH BLISS
Mix and match these scented salts to make your own potion. "I like the array of colors and smells," says Alyson. "Plus, it's fun to scoop out!" (Soothing Salts, $10.50 for 16 ounces.)

PRETTY PAINT
With more than 40 Nail Paints to choose from, Alyson had a hard time picking the perfect polish. Check out the cute charm that comes with each bottle! (Nail Paint, $7.50 each.)

SCENT-SATIONAL!
Choose a figurine bottle and fill it with a fabulous fragrance (there are 109 different ones!). Alyson's fave animal is the dolphin, so this was an easy pick. (Perfume figurine, $8.50.)

# buffybeauty

For more info, see Where to Shop.

**We hooked up with Buffy's Alyson Hannigan for a shopping spree at Skinmarket, a brand-new bath and body beauty store in Los Angeles where they actually encourage you to loiter. You can listen to music and flip through your favorite 'zines (like Teen!) and they won't harass you, 'cause it's all about hanging out. Alyson took her time trying out new looks and came up with these cool picks—for this gal, it's all about glitter! —Michelle Sullivan**

Photography/Mikel Roberts. Makeup/Garret Gervais, Visages. Hair/Tyler Colton, Artist Group Mgmt.

He was tricky.
They were better.
KIRSTEN DUNST MICHELLE WILLIAMS
DICK
THE UNMAKING OF THE PRESIDENT
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IN THEATRES AUGUST

***We flew to Las Vegas, Nev., to hang out with 13-year-old Victoria Politis at The Attic, the world's largest vintage store (you know, the one from the Visa commercial). Victoria pretty much runs the show at her dad's store. When she's not in class at St. Anne's Catholic School, she works the door and rings the register. With two floors of vintage and retro stuff to keep track of—plus a warehouse full of fabric, clothes, collectibles, even furniture—she has a huge job. And she does it with great style...and a pink poodle named Bijoux that we loved!***

***Nifty Fifties***
*Victoria's hip to the cropped-pants trend, but she prefers originals from the '50s. Fair Isle zip-up cardigan, $30. White turtleneck, $20. Wool houndstooth capri pants, $40, by The Attic. Saddle shoes, $55. Caravan flight bag, $24. (That's Bijoux on the back, ready for a ride.)*

continued

Photography: Delbert Garcia.

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# youshop

***Runaway Trainers***
*The Attic can't keep '70s trainers in stock. Victoria snagged this lemon-lime combo, $20, by JCPenney.*

***Smart Pants***
*Victoria's favorite pants are strictly '70s—she likes wool plaids in all colors. Pants range from $15 to $30.*

***Living Doll***
*Since she has to wear a uniform to school every day, Victoria goes wild with her personal wardrobe. Raggedy Ann curtain skirt, $34, by The Attic. "Hands off" baseball shirt, $18. Knit ski hat, $5.*

***It's in the Bag***
*Victoria uses this Coke promotional bag, $25, from the '60s as her bookbag.*

***Crochet Olé***
*We had to promise Victoria we'd run a photo of her in her fave patchwork crocheted sweater, $39. (She wears it practically everywhere!) Suede lace-up mini, $25. Suede shoes, $34. There's Bijoux again!*

*For fashion info, see Where to Shop.*

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# gray matters!

*No longer just for sensible soles, the most versatile color of the season is popping up in all sorts of styles to help get you on track for fall.*

*Clockwise, from top left: Old-school sneakers, $53, by Roxy. Nylon platform trainers, $40, by JP Originals. Wool platform sneakers, $52, by NM70. Techy Mary Janes, $69, by Steve Madden. Embroidered wool Mary Janes, $54, by Chinese Laundry. Flannel plaid ankle boots, $40, by Dollhouse. Mesh slip-on trainers, $105, by Royal Elastics. "Wallabee" shoes (step on the back and it's a clog), $50, by Rampage. Metallic platform loafers, $57, by Skechers.*

*For fashion info, see Where to Shop.*

**win!**

*We're givin' away five pairs of these embroidered Mary Janes. See page 134 for info.*

Still photography/Delbert Garcia.

# get guys to smile at you with the touch of a button

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# What's your eating style?

YOU ARE WHAT YOU EAT, BUT YOU ARE **HOW** YOU EAT TOO. TAKE THIS QUIZ TO REVEAL YOUR DINING DEAL.

**1** Mom made your favorite dinner: lasagna. You:
***a*** relish every bite and keep picking even after the table is cleared.
***b*** miss it because you went straight from soccer practice to your part-time job. You'll snack on leftovers later—maybe.
***c*** barely make a dent in it. You're still kinda full from the cookies you munched while gabbing on the phone.

**2** It's 7:30 a.m. and you're racing to get ready for school. You:
***a*** skip breakfast. There's no time, and you're not hungry anyway.
***b*** gulp a glass of juice and grab a granola bar to eat between classes later.
***c*** sit down to a full breakfast. Class can wait.

**3** You and your buds meet at the food court before an afternoon of shopping. You:
***a*** can't resist ordering fries and a soda, even though you downed a big lunch two hours ago.
***b*** order fries and a soda, since, as usual, you only had a yogurt around lunchtime.
***c*** don't even notice the noshes. You have shopping on the brain.

**4** It's Friday night and the plan is a movie, then grabbing pizza. At the theater, you:
***a*** forfeit the pizza idea and inhale popcorn, half a pound of Runts and soda. You haven't eaten all day and you just can't wait.
***b*** go for it and pig out on popcorn, soda and then pizza later.
***c*** split a kid-size popcorn with a friend to save room for a slice.

**5** When it comes to food, your motto is:
***a*** I never met a meal (or snack) I didn't like.
***b*** Snacks are more fun than meals.
***c*** Who has time to eat?

Still photography/Delbert Garcia. Plate by Margo Z. Nahas at Made on Earth.

advice

**scoring**
1. a 3, b 1, c 2
2. a 1, b 2, c 3
3. a 3, b 2, c 1
4. a 1, b 3, c 2
5. a 3 b 2, c 1

### skip-it sistah (5 to 7 points)

*You're so busy, you sometimes forget to eat—till your stomach barks loudly. But going long stretches without food can lead to a serious energy slump. And you're probably missing the vitamins, minerals and other good stuff your body needs. So fuel up! Try these tips:*
*• Jumpstart your day with breakfast and you'll do even better at school or work. (Pick a banana, bagel or yogurt.)*
*• Refuel every three to four hours, or else you'll feel tired and crabby. Tote an apple, some string cheese or trail mix.*
*• Brake for dinner. A balanced meal is satisfying and nutritious, and it's a fun time to catch up with the family.*

### grazin' girl (8 to 11 points)

*Three squares aren't your thing. You prefer to snack all day, plucking whatever's handy. This habit can keep your energy up, but it's not so healthy when you choose empty-calorie snacks like chips, cookies and soda. Try these ideas:*
*• Give snacks staying power. Combos like low-fat cheese and crackers or peanut butter on raisin bread give you a mix of carbs, protein and fat that satisfies you longer, so you're less tempted to grab a quick fix.*
*• Get in meal mode. Eat at least one balanced meal daily—you're more likely to get enough fruits and veggies that way.*
*• Think about your drink. If you're in a soda rut, free yourself from caffeine with water, fat-free milk or O.J.*

### chow-down chick (12 to 15 points)

*You enjoy food and have mostly healthy habits, like eating lotsa different things and not skipping meals. Problem is, if you keep going, all that suction-dining might be overkill (read: big-time calories). Some tips to gnaw on:*
*• Plan ahead and make trade-offs. When a post-movie meal is on the agenda, lighten up on the theater munchies or skip them; or if you have a huge breakfast, skip your snack and have just half a sandwich and soup for lunch.*
*• Be mindful. Before you eat, ask yourself whether you're hungry or just eating 'cause it's there. Also, you might think you're hungry when it's just thirst.*
*• Snack smart. Frozen grapes, carrots or yogurt are low-cal and nutritious.*

*—Diane Quagliani, R.D.*

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# eyesore

Makeup/Jennifer Mann. Hair/Hugo Urias, the Crystal Agency

***Itchy, red eyes, tears and mascara smears... If it's not a breakup, it could be conjunctivitis, a.k.a. pinkeye (an inflammation of membranes in your eye). Other signs include a burning feeling, swelling and a sticky discharge from your eyes.***

***Pinkeye—caused by allergies, bacteria or viruses—can be embarrassing and contagious. Here are some ways to help keep your eyes in the clear.***

- ***Don't share eye drops, eye makeup or applicators with anyone. (Being best friends means sharing a lot, but not germs!)***
- ***Wash your hands frequently and keep them away from your eyes.***
- ***Remove eye makeup with a clean tissue or cotton swab, then throw it away.***

***If your eyes do get fired up, the problem will most likely clear up on its own in a few days. For a faster recovery, ask your doctor if she can prescribe medicated eye drops.***

advice

## reader q&a

*FOR TWO YEARS NOW, I'VE FELT A LUMP IN MY LEFT BREAST, BUT I HAVEN'T SAID ANYTHING TO ANYONE BECAUSE I'M AFRAID OF WHAT IT MIGHT BE. WHAT SHOULD I DO?—IN DENIAL, 16, N.Y.*

Think of all the hours you've spent worrying about something that could be nothing. You've gotta face your fears or you'll go bonkers. Words for courage: "At your age, the chance is extremely small that it's breast cancer," says Diane Tanaka, M.D., a clinical assistant professor of pediatrics at Children's Hospital of Los Angeles. Practically the only time breast cancer occurs in someone so young is if she has had radiation treatment or another type of cancer.

Your lump is probably a fibroadenoma, a type of benign (not harmful) growth or mass that commonly shows up in teenhood. These lumps feel sort of rubbery, and they're often located in the upper, outer part of the breast.

No matter what, though, you should see your doctor and have her conduct a breast exam. It's great that you're doing self-exams, but you ought to get in the habit of checking with a pro for anything that makes you suspicious. After a quick visit with your doctor, you'll feel loads lighter.

Need some bod basics? Send your questions to: Sex & Body Talk, *Teen*, P.O. Box 48990, Los Angeles, CA 90048; e-mail: bodytalk@teenmag.com. Please include your age and address. Sorry—we can't answer letters personally.

## smokesignals

*TOYING WITH TAKING A PUFF JUST TO FEEL COOL OR CAVE IN TO PEER PRESSURE? THESE SCARY STATS WILL EXTINGUISH THAT URGE TO LIGHT UP:*

- Seventy percent of teen smokers wish they had never started smoking.
- Nearly 75 percent of teens who thought they would quit their daily smoking within five years are still at it five to six years later.
- On average, someone who smokes a pack or more of cigarettes a day lives seven years less than someone who never smoked.
- The younger people are when they start smoking cigarettes, the more likely they are to become heavily addicted to nicotine.
- Teens who smoke are 3 times more likely than nonsmokers to drink, 8 times more likely to use marijuana and 22 times more likely to use cocaine.
- And the real kicker: Tobacco use causes nearly one of every five deaths in the United States.

Source: Centers for Disease Control and Prevention.

**—Shaynee Snider**

It was so lame—
I almost bagged a trip
to the beach!
The guys were going to be there ...but me, who swears by pads, couldn't exactly put on a suit sooo....
"Try Playtex Slimfits," said Emma.
Are they easy to put in? Do they protect? Are they comfortable? I find out.
Yes! (They've got the slimmest plastic applicator.)
Yes! (They're really big on protection.)
Yes!!!! (I couldn't even feel 'em.)
So, I got a tan and spent the day with my major crush... instead of my parents.
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# love doctor

*I'm dating this great guy. It's pretty serious, but my friends and family make my life miserable because they*

# always diss him

*and tell me I can do better. What should I do?—Help, 15, Ark.*

Everyone's tastes are different. You may be wild about pizza and grossed out by egg rolls, while your best friend may go nuts for Chinese food and say "no way" to gooey cheese and tomato sauce. Apply that same "what floats your boat may not float mine" principle to boyfriends: Thinking that everyone will adore your boyfriend as much as you do is unrealistic. Besides, you'd have an awful lot of problems if all your friends dug him as much as you do.

At the same time, it seems a little fishy that folks you're close to aren't very fond of him. If it's just one or two people, you can probably chalk it up to different tastes. But if it's practically all your friends and family, then you may want to listen harder to what they're saying. Could they be seeing things about your dream guy that aren't so dreamy—things you may have overlooked? They're probably putting in their two cents because they care about you and don't want you to get hurt. If most people are saying the same thing, sit down with them and find out exactly what bugs them about your guy. Maybe you can explain some of these apparent flaws and clear the air.

If you find you're explaining way too much—just making excuses for him—then it's time you ask yourself why you're holding on to him. (Good reasons should quickly pop into your head.) Constantly covering for your guy is no way to have a good relationship. And if he abuses you in any way, no excuse on Earth can justify his behavior (next stop, splitsville).

Another possibility is he might act terrific to you but not to those around you, and that's why they're turned off. In that case, you need to have a heart-to-heart with him about his disrespectful ways and expect some changes—or else.

Ultimately, you may decide that the critics are completely off about your guy. If so, tell them in a calm yet firm way how much you appreciate their concern, but let them know this guy makes you happy and you're going to stick with him right now.

In the end, if your friends and family are right, you'll find out. If he does wind up breaking your heart (that jerk), look at it as a learning experience. Believe it or not, it'll help you meet a more compatible mate in the future (yes, there is life after him). Just make sure you're really happy now. That's all everyone wants you to be.

---

Dating dilemmas? Write to: Love Doctor, *Teen*, P.O. Box 48990, Los Angeles, CA 90048; e-mail: lovedoc@teenmag.com. Please include your age and address. Gilda Carle, Ph.D., the New York–based therapist you've seen on TV and chatted with on MTV Online, has the answers and a book that's now on audiotape too: *Don't Bet on the Prince! How to Have the Man You Want by Betting on Yourself.* Reach her at www.drgilda.com.

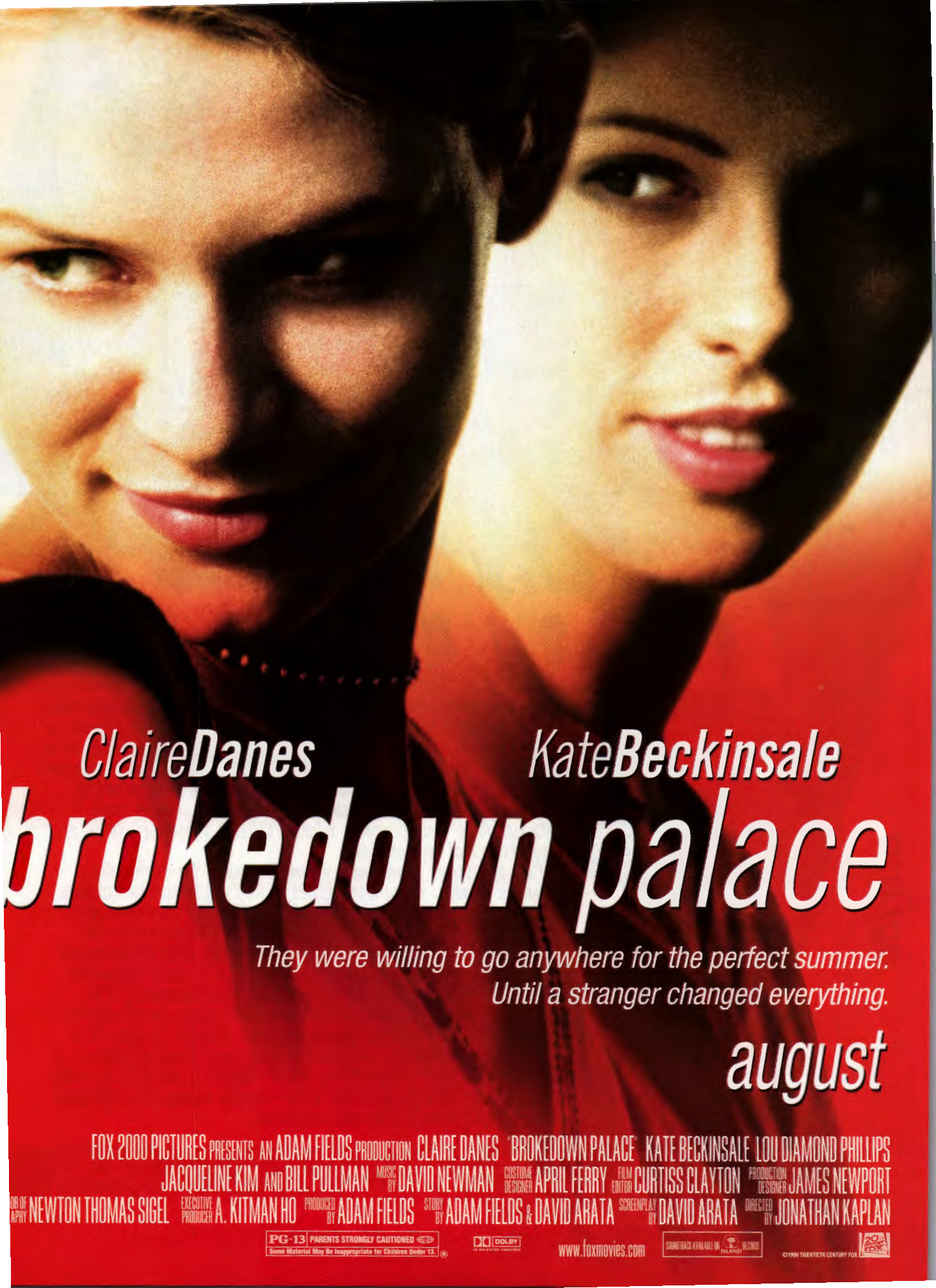
*Is your relationship being torn apart by what others think?*

advice

## celeblovechat

*"BE HONEST. I DON'T BELIEVE IN HIDING FEELINGS BECAUSE—SOME WAY—THEY WILL COME OUT IN ACTIONS."*
*—CHRISTINA RICCI ON GIVING AN AWESOME RELATIONSHIP STAYING POWER*

Makeup/Jennifer Mann. Hair/Hugo Urias. The Crystal Agency.

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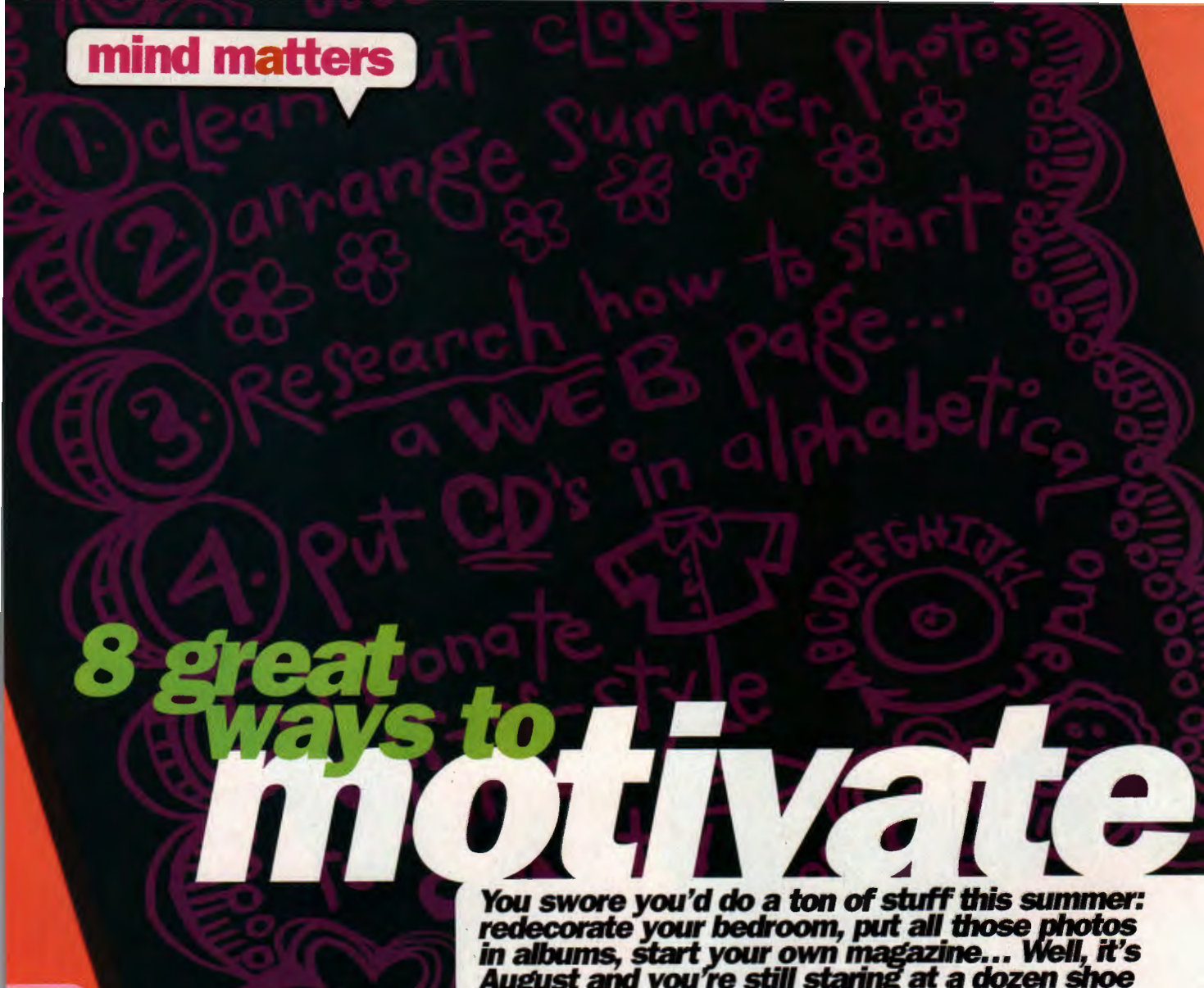


# 8 great ways to motivate

***You swore you'd do a ton of stuff this summer: redecorate your bedroom, put all those photos in albums, start your own magazine... Well, it's August and you're still staring at a dozen shoe boxes filled with snapshots, a bedroom with Little Mermaid curtains and don't even ask about the magazine idea. What you need is a motivated mind-set.***

***"In general, people aren't used to thinking about goals in ways that will help accomplish them," says Martin Ford, Ph.D., a professor of education at George Mason University in Fairfax, Va. Unlike chores, which are imposed by someone else (Mom and Dad) and usually tied to a tangible reward (an allowance, TV privileges), goals are all about you; nobody's ordering or bribing you to get them done. It's hard to visualize a goal's reward (what does a feeling of satisfaction look like?), so it's kinda tough to get psyched up—until now. Try these tips, and you'll be all action.***

advice

# THE DAYS OF PUTTING THINGS OFF ARE OVER!

❶ Make a to-do list. "Checking things off really gives you a sense of accomplishment," says Carol Fitzgerald, co-founder and president of the Book Report Network. It's physical proof of your productivity. Your list can even include little tasks, like buying coordinating hangers to organize your closet. (Just don't waste all your time on the small stuff.)
❷ Pick a specific place to work or plan—but forget your well-worn seat in front of the tube (too many distractions). If you get used to operating in a certain spot, you'll get more done when you're there.
❸ Set realistic goals. Keeping your room spotless every day is a far-fetched fantasy, but tidying up once a week is much more manageable.
❹ Divide the job into parts. Like climbing a massive mountain, tackling a big project all at once can seem hopeless. Set your sights on a smaller goal first, like going through your pics from last summer instead of every shot since you donned your first diaper.
❺ Use fake deadlines. Want your Web page up and running by the time school starts? Make a weekly "due date" for each part: your CD picks done by this Friday, favorite hometown hangs by next Wednesday and so on. With a "deadline" attached to it, the project becomes more real, Ford says.
❻ Just get started! Practically any first step is a good step.
❼ Give it time. Once you're going, you need to devote some real time (try 45 minutes) to it at least a few days a week. "You can't achieve a goal if you only give it two seconds here and there," says Fitzgerald.
❽ Tell the world. When you talk to people about what you hope to accomplish, you commit to it publicly, and you're more likely to follow through. Why not make a deal with a friend to keep each other on track with your projects? Talk about your progress every week and help each other through the rough spots.

**—Shaynee Snider**

*IF ALL ELSE FAILS,*
## *RETHINK YOUR GOALS.*

*"Some goals sit on the shelf because they're not all that attractive," says Ford. If you find you're really not into the task you've set for yourself, shoot for a new target that inspires you.*


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## moveofthemonth

# cardio salsa

***For all moves:***
***Keep your elbows bent and move your arms and hips in opposition to your feet (example: right foot moves forward, left hip and arm swing back). The steps are small and held for one count, unless otherwise noted. Repeat each step four times before moving on. When you've mastered each one, combine them in order for a steamy salsa sequence.***

***Side Slide***

1. Step to the right with your right foot.
2. Step to the right with your left foot.
3. Keeping your left foot in place, tap your right toe out to the right once and return.
4. Step to the left with your left foot.
5. Step to the left with your right foot.
6. Keeping your right foot in place, tap your left toe out to the left once and return.

***Salsa Ball Change***

1. Step to the right with your right foot and hold for two counts.
2. Bring your left foot diagonally behind the right, with weight on the ball of the left.
3. Lift your right foot and lower it to the same spot.
4. Step to the left with your left foot and hold for two counts.
5. Bring your right foot diagonally behind the left, with weight on the ball of the right.
6. Lift your left foot and lower it to the same spot.

***Hot Rock***

1. Step forward with your right foot.
2. Lift your left foot, then return it to its original place.
3. Step back with your right foot (next to your left foot) and hold for two counts.
4. Step back with your left foot.
5. Lift your right foot, then return it to its original place.
6. Step forward with your left foot (next to your right foot) and hold for two counts.

***Psst! Tune in to the Latin beat with music from Ricky Martin or C Note.***

## rumorvsrealdeal

***Rumor:*** *If you take a break from working out, your muscles will turn to fat.*

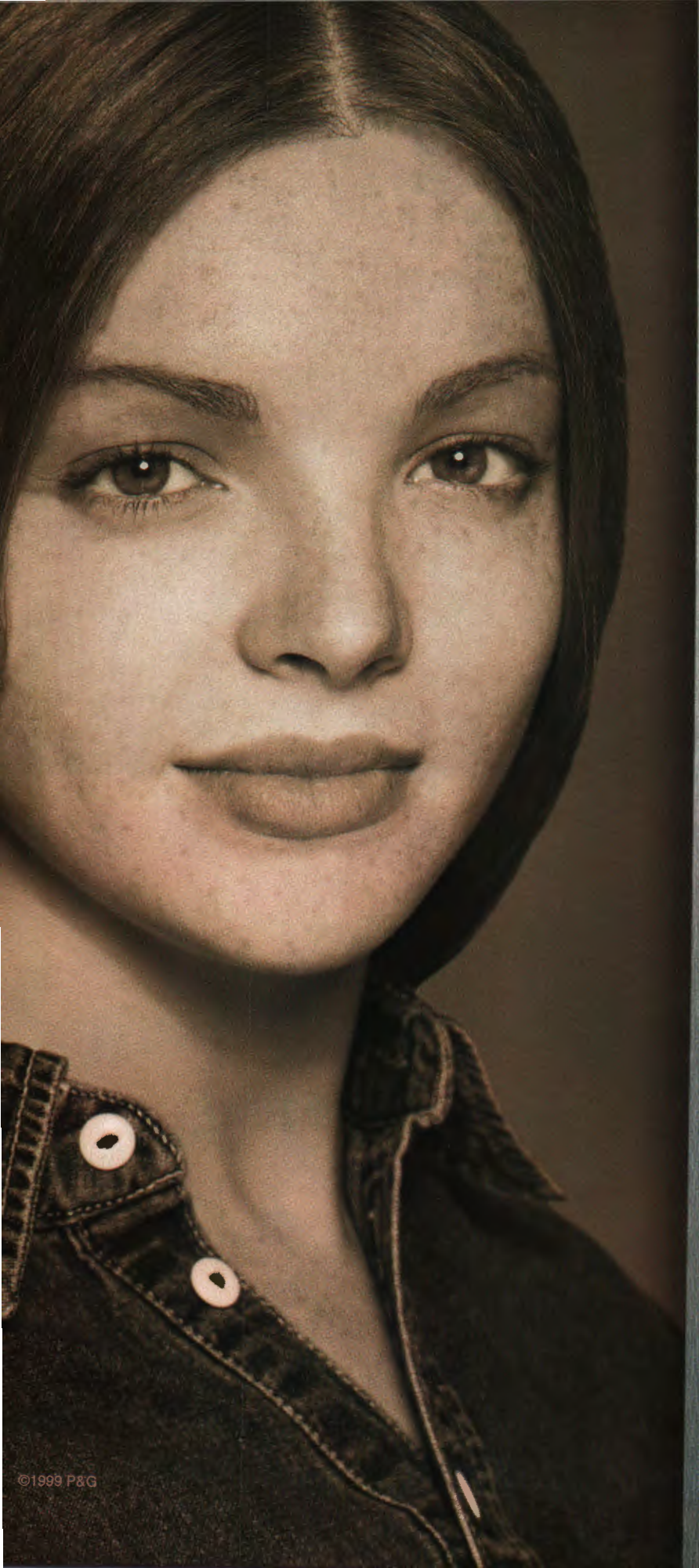
***Real deal:*** *No matter how long a fitness vay-cay lasts, muscle tissue can't turn to fat, just like fat can't turn into muscle. That would be like saying apples can turn into oranges. But vegging out can cause your bod to lose muscle tissue and gain body fat. (Proof that acting like a couch potato can make you look like one.)*

## WIN!

WE'RE GIVIN' AWAY 10 PAIRS OF NIKE'S NEWEST TRAIL RUNNERS. CHECK OUT PAGE 134 FOR ENTRY DETAILS.

Makeup/Jennifer Mann. Hair/Hugo Urias, the Crystal Agency.

—Stephanie Gilles



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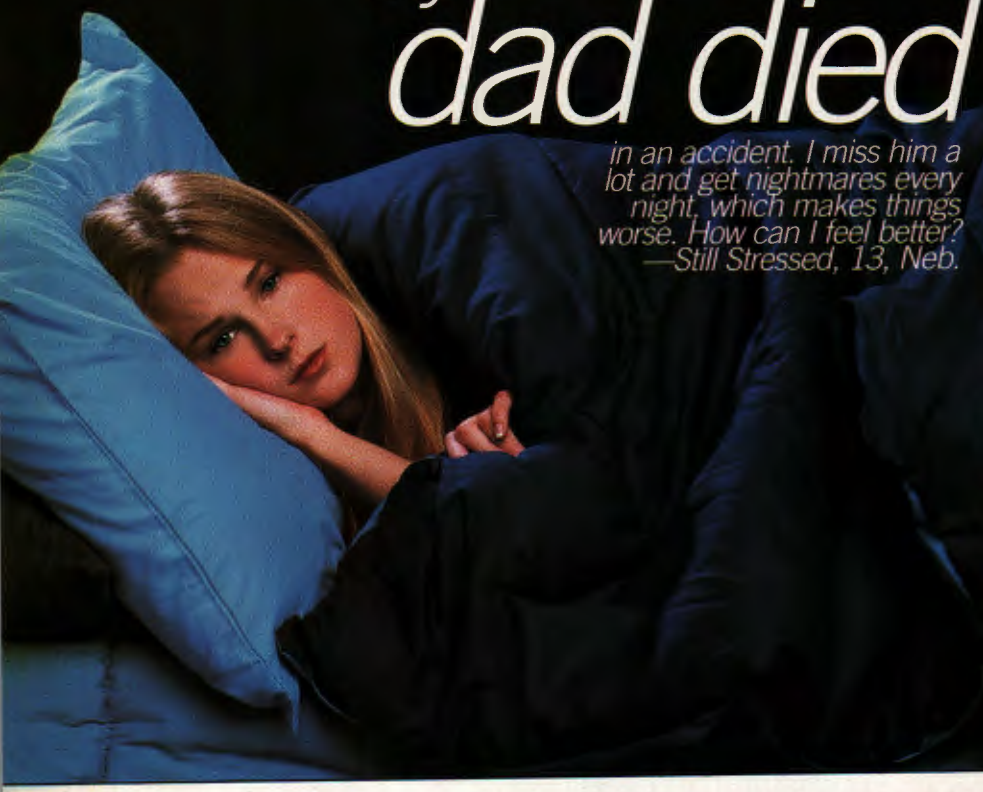
askjuli

# my dad died

*in an accident. I miss him a lot and get nightmares every night, which makes things worse. How can I feel better?*
*—Still Stressed, 13, Neb.*



Try not to isolate yourself. Losing someone you love can be a long and difficult process—one you shouldn't go through alone. Usually the hardest part isn't when it first happens because you're still sorta numb from the shock. But the year following can be a toughie. All the "first" holidays and birthdays without your father can cause major setbacks. Being around others who are in the same boat will ease the angst. Ask your school counselor for a referral to a local grief-support group. There's probably one just for teens. Spending time with people who can share good memories of your dad can help too. Mourn the loss of your father, but remember that you still have a lot of people in your life to be happy about. Hang in there—it'll get easier.

Makeup/Jennifer Mann. Hair/Hugo Urias, the Crystal Agency.

**Q.** *My best friend isn't talking to me, and I don't know why. When I try to talk to her, she ignores me. What should I do? —Missing Best Friend, 14, Pa.*

**A.** You might try writing your tight-lipped bud a letter. In it, tell her that you care about your friendship and you don't know why she's doin' what she's doin'. Your friend may assume you're clued-in about her reason for not speaking. In your note, say you understand that she's not ready to talk yet, but let her know the ball's in her court now—she must make the next move because you want to respect her need for silence. If she finds her voice again, you have to decide if her reason for freezing you out makes sense, and if you want to continue the friendship. If she never responds to your letter, then you have your answer.

**Q.** *I have a big chest and I'm scared that guys will only like me for that. How can I know when a guy likes me for me?—Scared, 14, La.*

**A.** If you're having these suspicions about certain guys, then there's probably a good reason why. Guys who are constantly staring at your chest or making remarks about it are boob-obsessed and blind to your great personality and other qualities. They have some growing up to do and aren't great boyfriend material. But let's say you meet a guy who does seem to be interested in you and not your chest size. How do you know he's for real? The best way to find out is to become friends first, without anything physical (that goes for any relationship). That way you'll both get to know what's on the inside, without the risk of a superficial fling.

Confused? Bummed? Write to: Ask Juli, *Teen*, P.O. Box 48990, Los Angeles, CA 90048; askjuli@teenmag.com. Please include your age and address. Responses are compiled by Wanda von Kleist, Ph.D., a Chicago-based clinical psychologist. Sorry—we can't respond to all letters.

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# ANSWER GIRLS

*Real girls talk about timing.*

***How long should you know a guy before asking him out? —Dateless, 17, Ga.***

***"You should know some stuff about him. The thing is, if you get to know him too well, this guy will just think of you as a really good friend and won't want to date you. So don't wait too long."—Jocy C., 14***

***"If you can't hold a good conversation with him, don't ask him out yet. If you don't know him well enough to talk to him, it could make for a pretty boring date."—Annie H., 14***

***"You should get to know him first, to the point that you know his good and bad sides. Don't think the only way to know a guy is by going out with him—that's not when you want to realize all the things you don't like about him."—Laura K., 14***

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# what do guys think about double dates?

*guy likes*

"I like double dates. It helps take off some of the pressure when there are other people around. There aren't as many awkward silences when you're with another couple."—T.R., 16, N.Y.

"I love spending time alone with my girlfriend, but it's also fun to hang out with another couple. It helps us motivate to actually go out. Otherwise, I think we'd spend every weekend watching movies in my basement!"—C.K., 17, Ill.

"My best friend has a serious girlfriend, and they're always setting me up with her friends. It's fun because you can go out and have a good time without worrying about getting too serious with one girl."—J.F., 18, Texas

"Double dates, one-on-one dates, whatever! I'm just happy when I get a date! Even though I like spending private time with a girl, it's definitely less intimidating to go on a double date."—P.D., 17, Colo.

*guy gripes*

"I hate having to compete for the girl's attention. When I take her out, I want to be able to spend quality time alone with her."—K.M., 15, Ore.

"I don't really feel comfortable being affectionate with a girl when there are other people around. I prefer one-on-one dates."—M.G., 17, Calif.

"Double dates always seem to get so complicated. You have to make sure everyone's cool with what you want to do, like usually it's what movie does everyone want to see. And then someone ends up hating it and being bored. It's too hard to make sure both couples are having a good time."—D.J., 16, Neb.

"My girlfriend and I won't ever go on another double date if I have anything to say about it. We doubled with one of her friends, and her date was flirting with my girlfriend the entire night!"—E.B., 18, Kan.

Makeup/Jennifer Mann. Hair/Hugo Urias, the Crystal Agency.

## DOUBLE DATE DOS AND DON'TS

***DO** • Plan ahead. Finding an activity that everyone enjoys—team bowling or an afternoon hike—will guarantee a good time. • Research the other guy. Do he and your date have anything in common? While you and your friend may be the tightest of buds, nothing's more awkward than a night with two guys who can't stand each other. • Check curfews. You might have to tweak your usual plans—like catching the matinee instead of the midnight movie—to make sure everyone makes it home in time.*

***DON'T** • Turn the night into a giggle fest with your gal pal. You wanna have a good time, but be careful not to leave your dates wondering what the private joke is. • Put on a PDA. Even your closest friends don't want to watch you and your date make out! Save the slobber for when the two of you are alone. • Flirt with the other guy. (Do we really need to mention that one?)*

guys

## street speak

*"I prefer one-on-one dates. It seems like I'm not afraid to be myself when it's just me and my date."*
*—Rhett J., 20*

*"When I go on a date, I want to be alone with her and not be distracted by other people."*
*—Matt W., 15*

*"I've gone on some double dates and they're OK. It really depends on the other couple."*
*—John V., 19*

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# My boyfriend bugs me!

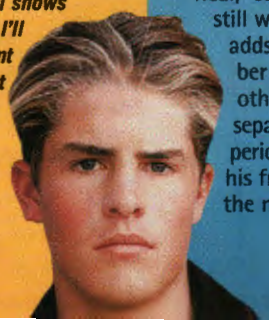
*When I started dating him I was in love, but now I get all cranky when I see him. Should I break up with him?—Mixed Up, 14, Ark.*

Before you break it off entirely, "try spending time apart," counsels Jon T., 16. "Sometimes it takes separation for people to realize how much they mean to each other." Since it's probably the commitment, not the guy, that's buggin' you, some breathing room will help you figure out what you really want. Be honest with him when you suggest time off from coupledom: Explain (gently!) that you want to make sure you're in this relationship for the right reasons. He'll most likely be a little hurt, but hopefully he'll realize that this is best for both of you. If after a few weeks solo you find yourself missing the feeling you get holding his hand and you're ready to try it again, make sure you're going back because you miss *him*, not just having a boyfriend. (Don't use him as arm candy!)

## DO GUYS LIKE GIRLS TO ASK THEM OUT?

*Our male model of the month gives us his take on the girl-gets-guy approach.*

***"If it's a shy guy, it can be a good thing when the girl goes up to him. Personally, I prefer to be the one who does the asking. That's just my style. I like it when my girlfriend asks me on dates, though. I guess what can bother me is that a few girls really get in your face. I like it best when a girl shows that she likes me; then I'll ask her out. But different things work for different people."—Tony Grey***



**q.** *I went out with this guy for two years, and he was my best friend as well as my boyfriend. We've broken up, and I would like to keep his friendship—but he says it would hurt too much. Help! —Friends or Not, 15, Okla.*

**a.** Sorry to say it, but lots of times a relationship that started as a friendship can't go back to "just friends," especially if one person still feels something. The memories are just too painful. "At times, it isn't easy to even talk to an old fling without bitterness," says Jonathan P., 16. But if your ex means that much to you, give him a little time to come around—you might just find friendship again. "Give him some time to heal," says Dustin P., 16. "He'll probably still want to be your friend." Jonathan adds: "If the two of you can remember how positive it was to have each other's friendship, the only thing separating you is a cooling-down period." Let him know how important his friendship is to you, then leave the next move up to him.

**q.** *My boyfriend compliments me one minute and disses me the next! What's up with him? —Majorly Confused*, N.C.*

**a.** It sounds like your guy is having trouble getting his feelings straight. He's probably not used to opening up and saying sweet stuff, so he covers up his awkwardness with insults. "Maybe he's insecure, so to make himself feel better he cuts you down," suggests Jonathan. Trouble is, by dissing you, your boyfriend's hurting your feelings and acting like he doesn't respect you. You've got to talk to him about his Jekyll-and-Hyde attitude. Let him know that nice words don't make him a wimp and try complimenting him occasionally, just to show him how it's done. If he doesn't change his ways, it's time to cut him loose.

Got a guy problem? Write to: Ask a Guy, *Teen*, P.O. Box 48990, Los Angeles, CA 90048; e-mail: guy@teenmag.com. Please include your age and address. Sorry—our guys can't answer letters personally. Responses are compiled with the help of Robert R. Butterworth, Ph.D., a Los Angeles–based clinical psychologist.

* Reader did not provide her age.

Makeup/Jennifer Mann. Hair/Hugo Urias, the Crystal Agency.

# How To Have Fun At School

*Carrie Ann Stroup*
*Miss United States Teen*

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STRATEGIES FOR SNAGGING SOME QUALITY TIME WITH HIM

# ask him out without asking him out

"Hey, wanna hang out Saturday night?" A simple request like that can be pretty hard to cough up when the target is your crush. Sweat not! If you're clever, you can easily finagle not-dates, which can actually be better than date-dates for several reasons: 1. The pressure's off. It's not a date, so neither of you has a reason to be nervous. 2. You'll see what he's really like. On a date, a guy is on his best behavior, giving you few clues about who he really is. Not-dates let you get close enough to your crush to find out if he's worth your time. 3. They're fun. Not-dates involve activities you love to do or projects you need to do; having this babe join in is just a bonus. So try these suggestions and before long, your not-dates could segue into hot dates!

## 1 The Big Bash Not-Date.

Next time a party's on your sched, casually let him know it'd be cool if he came. Say you bump into him at the mall: After some small talk, tell him about your friend's sure-to-be-history-making blow-out next weekend. Then add lightly, "Hey, you should drop by."

***Technique tip:*** Tell him some of his friends will be there, so he won't feel weird about going. Course, this would be after you've made absolutely sure your friend has invited them and they've said they're going to come.

***Other slick scenarios:*** Try invites to school dances or big group outings, like a trip to an amusement park.

## 2 The Helpmate Not-Date.

You've got a student government campaign speech to write, and conveniently enough, your crush is student body VP. Tell him you'd like to go over the issues with him, or ask if he'd give you a few pointers on your speech.

***Technique tip:*** Don't pretend you're totally clueless or it may seem like you're just using him for his vast political knowledge. Let your true personality and interest in his opinion show and he'll be flattered.

***Other slick scenarios:*** Have him go over lines with you to rehearse for the upcoming school play; coach you for a sports team tryout; help you collect signatures on a petition for a noble cause; study for a huge test.

## 3 The Friendly Flyer Not-Date.

Your cousin's band is doing a free all-ages show, and he asks you to pass out flyers. You take a stack and select a spot your dream dude is bound to pass. As you hand him the sheet, ask about his musical tastes.

***Technique tip:*** Give him enough notice. If you ask him to an event scheduled for that night, you might miss the boat because he's made other plans.

***Other slick scenarios:*** Help distribute alerts for a local sporting competition (like a beach volleyball tournament), a rally or fund-raiser (like a car wash to earn cash for cheerleading uniforms) or a school or community theater production.

## 4 The Unofficial Set-Up Not-Date.

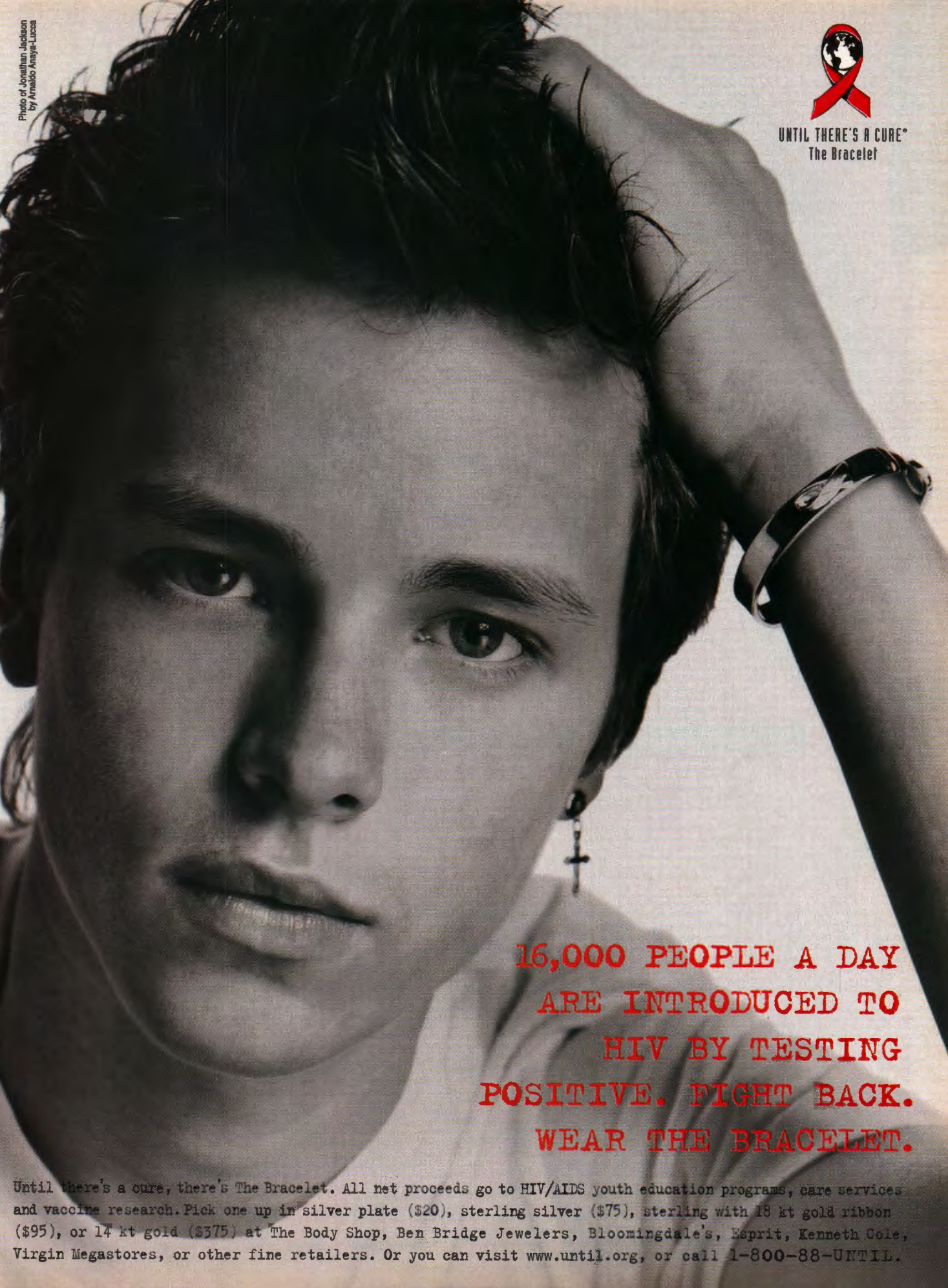
A fix-up minus all the associated anxiety requires some help from a bud who's friends with him as well. But first make sure that this friend has absolutely no romantic interest in your crush (and vice versa). Have your accomplice ask him to do something she knows you both enjoy (say, bike riding). Then you just "accidentally" bump into them in the park while cruising around.

***Technique tip:*** Choose a trusted friend who can play it cool and keep a secret.

***Other slick scenarios:*** Get set up by a parent, teacher or coach, but use caution! No matter how much you trust them, adults can be complete clods about this sorta thing and blow your cover.

**—Nina Malkin**

Still photography/Mark Giard.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# time out with britney spears

by marisa laudadio

Back home in Kentwood, La., Britney Jean Spears gets busy. "I wash the dishes. I vacuum. I clean, make my bed. I do everything, man!" she says, practically wincing. "Fold clothes, do laundry..." OK, we get the drill, 'cause hey, we do it too. But this is Superstar Spears. Blockbuster Britney. *Baby One More Time*/multiplatinum CD-selling diva Britney. Is there really such a thing as normal for this 17-year-old? "I don't live a completely normal life because I'm not, you know, a typical teenager who goes to school every day," Britney admits. "But I try to make it as normal as possible."

Good thing, because right now Britney's so hot, everyone's looking for a piece of her. Tommy Hilfiger snatched her up as one of his celebrity models. She's signed deals with merchandisers to do posters and clothes, and don't be surprised if you see a Britney doll. Plus, Britney's not only slated to guest star in three episodes of *Dawson's Creek* this fall, she also inked a deal to star in her own TV show.

Big-screen offers are trickling in too. "There've been some scripts that are really, really good," she says. "It's just finding the time to fit it in the schedule." Natch. She's juggling all this while she continues a feverish pace of touring, performing and writing songs for album number two, due out next spring.

Recently, *Teen* grabbed Britney for a laid-back photo shoot, chat and chow. Her lunch of choice? "I like bad food, like a chicken sandwich with cheese from Burger King. It's, like, the best,"

continued

Photography/Mike Ruiz Makeup/Elan Bongiorno, Celestine L.A. Hair/Craig Gangi, Artist Group Mgmt. Photographed at Miauhaus Studios.

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she admits. "And greasy french fries. And a Coke. That just makes me feel so much better. So bad for you, but so good."

Today, Britney resists the temptation and settles on a chicken Caesar salad. "I mean, I still eat whatever I want," she explains, "but I've been starting to eat a bit healthier. I know I'm about to be on the road, and I wanna look and feel really, really good."

And so the chat fest begins:

**What's something most people might not know about you?**

I have a picture of Brad Pitt on my refrigerator, and I kiss him every morning!

**So what's with the rumors about you and 'N Sync's Justin Timberlake?**

Totally not true. Overseas, everyone says it's Nick Carter [of Backstreet Boys].

**Is there anyone in your life right now?**

No. I just want to hang with my friends. I'm just happy being by myself.

**How do you keep up with your crazy schedule?**

With me being so busy all the time and all these wonderful things happening to me, I finally had to sit down and rest and realize God has blessed me so much, you know? I'm so thankful.

**What's been your biggest splurge?**

A brand-new white convertible Mercedes SL 500. My grandmother could get picked up in this car; it's so beautiful.

**Do you wear expensive clothes now?**

Not really. I'm not a brand-name person. Rampage, bebe, Abercrombie and Club Monaco are some of my favorite stores, and they're not expensive at all. They're cute and comfy. And I love going to thrift stores.

**What do you have more of than you need?**

Probably sunshades. I freak out. Wherever I go—gas stations, Sunglass Hut—I'm always buying new shades.

**Did you go to your prom?**

My ex-boyfriend was a senior, so I went to his. The best part is getting ready. You go to the dance for 15 minutes and leave, and all you do is get trashed. But I don't do that.

**Ever pierce your navel?**

I don't want to pierce anything. I think it's outdated. Belly rings and all are, like, old.

**So what's hot?**

I think just being pure and doing nothing to destroy your body is cool. I think that's what's in right now.

**Do you and your mom get along?**

She totally trusts me and everything I do. When I'm on the road, I don't have time to do anything. I go out with friends, but I don't have time to get in trouble.

**What do you do when you get time alone?**

I love to just get in my car and ride. And listen to music. I'm in my own world, and it's the best experience.

**What do you think of Marilyn Manson?**

I don't really like him. I mean, he's what makes the world go round, you know, good and bad. But I don't prefer him.

**Does your room at home still look the same as when you were growing up?**

Yes. I have the girliest room in the world because I haven't really lived there for two years, so it looks the same. Like, eeeeeek!

**Finish this sentence: One day I see myself...**

Eventually there'll come a time when I want to settle down and have kids. But that's a long way away, so...

Check out **www.teenmag.com** for even more gabbing with Britney!

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**Friends, Felicity, Dawson's Creek**

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**top movies**

**Steel Magnolias *and* Beaches**

**why she's cool**

***"Guys are into her because she's cute, and girls like her because she's not trying too hard," says 'N Sync's J.C. Chasez.***

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# who'sthatbabe?

Tom Legoff

## brendan sexton III

***Full name:*** *Brendan Eugene Sexton III*
***Birth date:*** *February 21 (Pisces)*
***Hometown:*** *New York City*
***Dating status:*** *Taken*
***Fave movie:*** Dog Day Afternoon
***Fave TV show:*** The Simpsons
***Fave actor:*** *Danny Hoch*
***Fave actress:*** *Lili Taylor*
***Fave band:*** *The Roots*
***Fave color:*** *Red*
***Fave food:*** *Rice pudding*
***Hobby:*** *Politics*

THIS STAR'S START: Brendan's a so-familiar face thanks to a cool career that's included roles in *Empire Records* and *Pecker*, but his first big break came a lot earlier: "In elementary school, probably fourth grade, I played the lead in a class play. There were 300 pairs of eyes, and I had their 100 percent, complete attention—it was the greatest feeling I ever had in my life. From then on, I knew I wanted to act." After a few years of acting classes, Brendan scored roles in an off-off-Broadway play and a Phil Collins music video before breaking onto the big screen as bad-boy-next-door Brandon McCarthy in the acclaimed indie flick *Welcome to the Dollhouse*, with Heather Matarazzo.

HIS SENSITIVE SIDE: Sometimes Brendan struggles with the dark side of his characters. In his next movie, an as-yet untitled project that hits screens later this year, Brendan tackles some weighty subjects: "I play a tortured soul who unleashes and inflicts heavy doses of pain on people. It was highly intense, and there were a few scenes I didn't want to do. After one scene, I broke down and cried for, like, five minutes. It really took a lot from me."

HIS VIEWS ON VIOLENCE: "[School shootings] don't surprise me because violence is very much a part of our society. And as long as violence is persistent in society, you'll see it in art. All these congressmen blame video games and movies, but isolated kids who don't have a foundation or anyone to turn to don't know how to unleash all their pent-up feelings."

WHAT'S NEXT: Although he's excited about *Desert Blue*, which was released in June and also stars Christina Ricci and Kate Hudson, Brendan's not too worried about being the next hot ticket. "I've done so much already at this age. Acting has taught me a lot—about holding a job, dealing with money, dealing with people, having a career—but most importantly, it has given a voice to my emotions. If I had to quit now, I'd be satisfied with what I've accomplished, but I think my dream role is still out there."

—Popi Buchanan

If you spot a babe in a film, commercial, magazine, video, whatever—and must know more about him—tell us and we'll find out all there is to know. Send specifics to Who's That Babe?, *Teen*, P.O. Box 48990, Los Angeles, CA 90048; e-mail: babe@teenmag.com.

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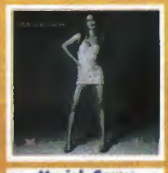

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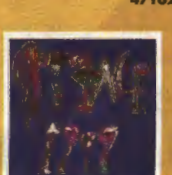

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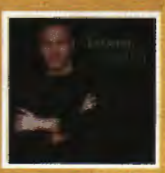

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ar pointers
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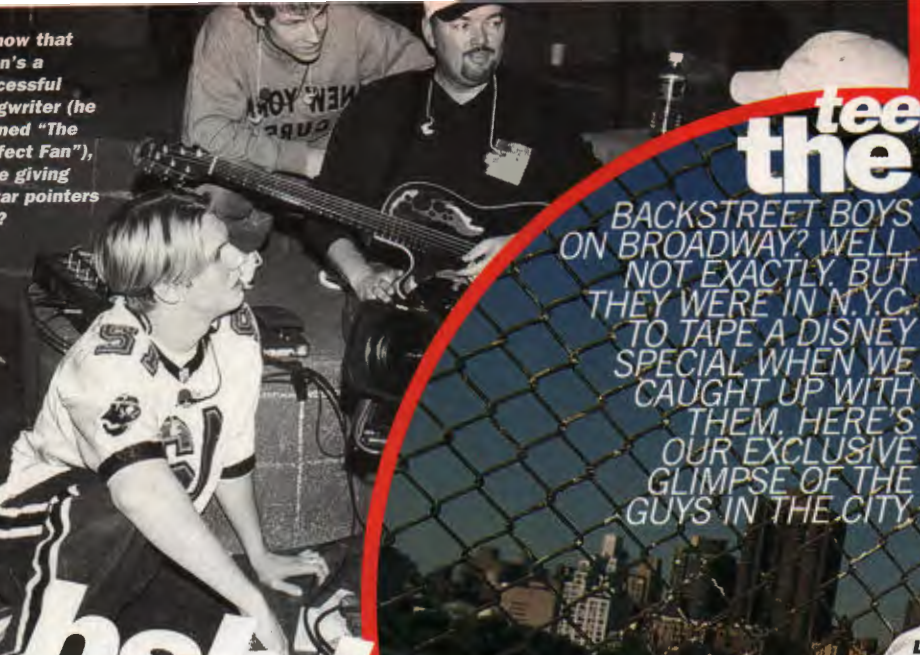
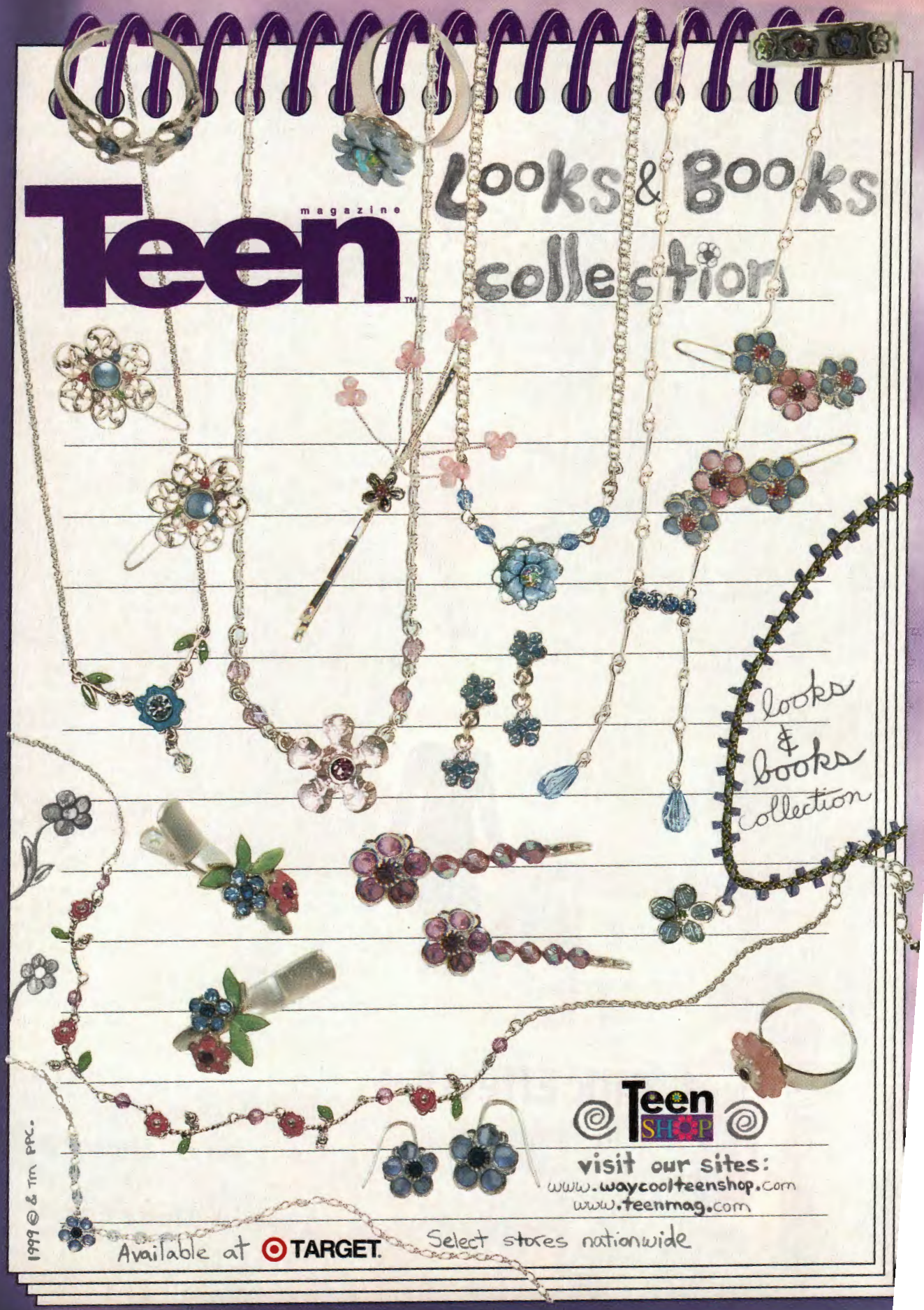
# teen on the scene

BACKSTREET BOYS ON BROADWAY? WELL, NOT EXACTLY. BUT THEY WERE IN N.Y.C. TO TAPE A DISNEY SPECIAL WHEN WE CAUGHT UP WITH THEM. HERE'S OUR EXCLUSIVE GLIMPSE OF THE GUYS IN THE CITY.

# bsb in the big apple

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# star stuff

## CUTE BAND ALERT: 3DEEP

Odds are, you're a major fan of 3deep and don't even know it! That's 'cause the trio includes two of TV's hottest hunks—Eddie Cibrian (Cole on *Sunset Beach*) and Joshua Morrow (Nicholas on *The Young and the Restless*)—along with so-cute singer/songwriter CJ Huyer. The heartfelt ballads and danceable tunes on their just-out debut album, *yes yes yes...no no no*, have already caused a commotion in Canada, and we're betting the States are next. "We did a show for 20,000 people—easily the most exciting experience of my life," Joshua admits. Eddie's superpsyched too, especially about making the move from acting to singing, even to writing. "We co-wrote over half the songs; we'd just sit down at the piano and start flowing off each other," he says. "It's been a great learning experience." But what's with the album title? Eddie explains: "It's almost an inside joke. We took it from *Austin Powers*—when he takes pictures, he goes, 'yes yes yes!'" Now we get it! When we asked CJ what it's like sharing the stage with a couple of soap studs, he didn't miss a beat: "Joshua's always taking off his shirt, and Big Ed has crater-like dimples. It's hard to compete with guys like that! [But] we're good buds, so that makes it a lot of fun." Give their disc a spin and you'll be yearning for more. Already in deep? Find even more info on their Web site (www.3deep.com) or enter our CD/video giveaway on www.teenmag.com.

—Popi Buchanan

J.C. Chasez photography/Paul Fenton, Shooting Star. Lacey Chabert, Sean Hatosy and Jared Leto photography/Gary Lewis, Windward. Ryan Phillippe photography/Steve Granitz, Retna. Nick Lachey photography/Walter McBride, Retna.

## say what?!

*IF YOU WERE FAMOUS, YOU'D BE SO WELL-KNOWN THAT NO ONE WOULD EVER MISPRONOUNCE YOUR NAME, RIGHT? NOT ALWAYS. CHECK OUT OUR HANDY-DANDY HOW-TO-SAY-IT GUIDE AND YOU'LL NEVER BE WRONG AGAIN.*

| Natalie **Imbruglia** | 'N Sync's J.C. **Chasez** | Lacey **Chabert** | Sean **Hatosy** |
|---|---|---|---|
| Im-BROO-lee-uh | Shuh-ZAY | Shuh-BEAR | HAT-oh-see |

| Ryan **Phillippe** | 98°'s Nick **Lachey** | Jared **Leto** | **Alicia** Silverstone |
|---|---|---|---|
| FILL-eh-pee | Luh-SHAY | LET-oh | Uh-LEE-see-uh |

## ricky martin

*On Ricky Martin's self-titled English-language debut album, this Latin ladies' man lets American audiences in on what his Spanish-speaking fans have known for years: No matter what language he's singing in, Ricky sure knows how to get your body movin'.*

*Do you see yourself as sexy?*

*Ricky: I think sensuality is something you're born with…it's just kind of there.*

*Do you have a girlfriend?*

*Ricky: I'm very private about my relationship, and I respect the girl who's with me.*

*What can you tell us about your personal life?*

*Ricky: That I'm completely happy. But the day I find myself having to sell the key to my bedroom, I'll give it all up. That's the only thing I've got left: my intimacy.*

*What's your finest achievement?*

*Ricky: Traveling around the world…breaking the language barriers, taking my talent to the five continents.*

*How do you feel about your nomination and ultimate triumph at the Grammys?*

*Ricky: It was pretty crazy. I won Best Latin Pop Performance. Besides, it's a huge step, because it's the first time a Latino artist gets to sing in Spanish during such an important event in front of two billion people who were watching the show…to let them know that we Latinos are right here!*

*What about your acting career?*

*Ricky: I worked on the soap General Hospital, and I also worked on Les Miserables, on Broadway. But now I want to concentrate on my music. I'm very close to God, and I want*

*Continued on page 143.*

Aprf/Tramb, Shooting Star

IN THE MOOD TO GROOVE? THESE SIX GORGEOUS SINGIN' SENSATIONS STEAL THE SPOTLIGHT WHEN IT COMES TO MAKIN' YOUR FAVE MUSIC...

# solo

# jordan knight

*Back in the day, waaay before your [redacted] guy groups ever recorded a note, the first big boy band—New Kids on the Block—was breaking hearts and conquering the charts. Those days might be over, but New Kid Jordan Knight's solo career is just taking off. He recently released a self-titled debut album and is touring the country with 'N Sync this summer. So is fame as sweet the second time around? Nope. According to Jordan, it's even better.*

*So who's better, today's boy bands or New Kids on the Block?*

*Jordan: Collectively, they probably sing a whole lot better [laughing]. I don't know 'em really, really in depth. We were the only ones out like that at the time, so we didn't have to be compared to another group. It was just us. We didn't have to share the spotlight.*

*Are you happier as a solo artist?*

*Jordan: Yeah, because I get to make all the decisions, and it's a lot more fulfilling and satisfying. Because whatever I do, I can take full credit.*

*A lot of the songs on your album are classic love songs—stuff about heartbreak, being there for someone, compromising in relationships. Where did you draw your inspiration from?*

*Jordan: Everywhere, pretty much. You usually look to past relationships, or what's going on now. Even if you have a good relationship, you go through ups and downs. As long as human beings are around, we're all going to feel hurt, sad, rejected, lost, happy, euphoric over a new relationship. We're always going to feel those emotions. Everyone can relate to it.*

*Continued on page 143.*

## will smith

*Is there some master plan for Big Willie to conquer the world? So far, he's made it huge in music, movies and TV! He's even joked about entering the political fray. (Um, President Will?) "I'm headed for something greater," says the top man in black. "I just don't know what it is yet."*

*Still savoring the success of his summer blockbuster* Wild Wild West *and the hit title track (with Dru Hill and Babyface) from the movie's soundtrack, the guy who got everyone to get jiggy wit it has spent the summer focused on his family—spending quality time with wife Jada and being a devoted daddy to sons Trey and Jaden.*

*He's also gearing up for three new movies next year, including* Love For Hire *with Jada and* The Mark, *about a battle at the end of the millennium.*

*But music has been and always will be his first love—and one that he gets the most recognition for. This past year alone, Will won a Grammy for best rap solo for "Gettin' Jiggy Wit It." His most recent album,* Big Willie Style, *has already sold more than 6 million copies!*

*He admits he wasn't always so focused, especially back when he was a kid in Philadelphia. "I was the fun one who had trouble paying attention," he says. "I was a B student who should've been getting As—classic underachiever."*

*Now this classic overachiever says he strives to be like the greatest people who ever existed. "When I'm angry or hurt, I ask myself, 'What would Buddha do? Ghandi?' I try to find strength in myself to achieve—through love—that greatness," he says. Sounds practically perfect, huh? Well, Will does admit that he's got a pretty big ego—"the size of Texas"— and a definite aversion to losing. "I hate—refuse—to lose," he says.*

*—Michelle Sullivan*

Michael O'Neill/Outline

## fave frontmen

### SOLO SWEETIES MAKE YOU SWOON, BUT THE GUYS WHO FRONT YOUR FAVE BANDS REALLY ROCK.



*Frontman:*
*Mark McGrath*
*Band: Sugar Ray*
*Didja know…*
*Mark and the guys from Sugar Ray go way back…all the way to high school! They started out doing covers of cheesy '80s music with a heavy metal twist, then tried copying the Red Hot Chili Peppers before finally finding their own so-successful sound. The big question: Will Mark ever go solo? "I wouldn't do that," he insists. "I've only been in one band in my life, and I only will be in one band my whole life."*



*Frontman:*
*Stephan Jenkins*
*Band:*
*Third Eye Blind*
*Didja know…*
*Stephan's been linked to everyone from Charlize Theron (true) to Winona Ryder (false—they're "just friends"). Well, it's good to know he's making friends, 'cause he's earned a not-so-nice rep for bad-mouthing Pearl Jam, Live, Green Day and Matchbox 20. He better learn to play nice if he wants to hang with rock's big boys, right? Not to worry, says Stephan, "I love everybody."*

# joey mcintyre

*Good things are definitely happening for Joey. Or is it Joe, as we used to know him when he was the youngest member of New Kids on the Block? "You can call me whatever you want," he jokes. "Just play my record!"*

*That album—Stay the Same—is Joey's first post-NKOTB musical effort, and he admits he's doing a few things differently this time. Joey wants a career more like his idol, Frank Sinatra: a talented crooner with serious staying power. But just like his NKOTB days, "I still want to make them crazy when I'm on stage," he says.*

*Joey's definitely got an enormous amount of respect for his fans, especially since they're the ones who helped him put out his latest album. See, record companies didn't jump to help him. So he did what any modern boy would do—he got himself a Web site (www.joeymcintyre.com) and sold his CD himself! His fans freaked out and demanded more, and lucky for him, C2 Records signed him. Now his CD's in retail stores. Cool move, no?*

*"The more you just concentrate and focus on what you want to do and believe in yourself, the more you know it's gonna happen for you," Joey philosophizes. "You just gotta hang in there and let the good things start happening."*

*—M.S.*

*Frontman: Daniel Johns*
*Band: silverchair*
*Didja know...*
*Daniel doesn't eat or wear anything of animal origin. The 20-year-old Aussie has been a vegan for three years, a vegetarian for four and even wrote about animal exploitation in the song "Spawn Again" on his band's third album,* Neon Ballroom. *Don't his views make meal time tough? "Yes, it is hard," Daniel says. "But I just do it because of my conscience. Most of my friends eat meat, but I still think it's stupid."*

*Frontman: Jesse Camp*
*Band: Jesse & The 8th Street Kidz*
*Didja know...*
*Before landing a job as an MTV VJ last year, 19-year-old Jesse rocked out with a band called Easy Action. "I'm no fool—I know what [music] does well because I introduce it every day," he says. "If I was in it for the fame and the money and the No. 1 song, then I'd cut my hair, I'd hang out with the Backstreet Boys...and buy stupid-ass Dockers." Um, thanks for sharing.*

*Frontman: John Rzeznik*
*Band: Goo Goo Dolls*
*Didja know...*
*Johnny was gonna be a plumber! And although he's got a great set of pipes, it's hard to imagine this singing sweetie unclogging a drain. His aspirations changed when he met bassist Robby Takac and they formed their first band, the Beaumonts, before becoming the Goo Goo Dolls. "The disparity between being a 10-year-old boy playing air guitar, wishing I was a rock star, and the reality of the whole thing is insane," he admits.*

*continued*

## eminem

*Meet Eminem, a.k.a. Slim Shady, a.k.a. Marshall Mathers, rap star. Early this year, his debut album,* The Slim Shady LP, *entered the Billboard charts at No. 2 and sold more than a million copies. And his hit single "My Name Is" has been one of the most requested songs on radio and MTV. So how's he handling newfound fame?*

*"I'm taking it in as it comes," says the Detroit, Mich., native. He's also taking a lot of flak for his foul lyrics. Eminem's potty-mouth poetry may offend some, but true fans realize his sarcastic Slim Shady persona is so sick that he's actually kinda silly. "A lot of my rhymes are just to get chuckles out of people," he admits. "Anybody with half a brain is going to be able to tell when I'm joking and when I'm serious."*

*Eminem does rap about some pretty serious topics, especially what it was like growing up as a poor, white boy in a rough, predominantly black neighborhood. "Even a lot of my comical lines, there's truth to them. There's a part of me venting over my childhood."*

*As a rising rapper, Em still had it tough, sometimes even getting booed off stage. But he stuck it out. "In the beginning, people would always say, 'You're dope for a white boy', and I'd take it as a compliment," he says. "As I got older, I started to think, 'What does that mean?' Nobody asks to be born, nobody has a choice of what color they'll be or whether they'll be fat, skinny, anything. I had to work up to a certain level before people would even look past my color."*

*Now Em's concentrating on getting to an even higher level of superstardom by spreading his sweet success. He guest stars on Missy Elliott's new disc and has songs on the* Wild Wild West *soundtrack and Limp Bizkit's upcoming album. But he won't let anyone crack through his hard shell when it comes to creating his own music. "I imagine I'll go through a lot of the same racial [stuff], but that'll just make my second album better," Em explains. And why's that? "Because I'll have even more to rap about." We'll definitely tune in.*

*—M.S.*

*Frontman:*
*Gavin Rossdale*
*Band: Bush*
*Didja know...*
*Gavin wrote and recorded demos of most of the songs for Bush's next album,* The Science of Things, *at a mysterious seaside house in Ireland. He was so inspired that he's probably going to buy a home there! Wonder what his Los Angeles–based girlfriend Gwen Stefani will think of that...Now for some sound secrets: Rumor has it that* Science *is edgier than Bush's old stuff and even has some electronic elements in the mix.*

*Frontman:*
*Marilyn Manson*
*Band:*
*Marilyn Manson*
*Didja know...*
*Gender-bending shock-rocker Marilyn Manson wants to inspire people. Hmmm...with rock music for the soul? Hardly. "I am trying to say something that in the end is positive," he explains. "A lot of people view it as negative, but I think kids understand it. I think they see me trying to stand up for myself, and that helps them realize that they should do the same."*

# tyrese

When you think Tyrese, don't just picture a gorgeous guy. The 19-year-old heartthrob is a model, MTV host, soon-to-be actor and, of course, a serious singer with a hit-packed self-titled first album under his belt. His latest achievement: a slot on Brandy's summer tour.

Your new single is called "Lately." What were you thinking when you wrote it?

Tyrese: I'm not talking about one person in particular. It's pretty much a song based on what I've experienced and what other people have experienced as far as relationships [go], whether you're with your girl, or you're with a family member or just somebody who you're with every day.... It's to make people a little more conscious of telling people that you love 'em.

Are you in love right now?

Tyrese: No.

Well, what do you look for in a girl?

Tyrese: I'm not into materialism. To be honest with you, I'm not looking for hype. I love beauty, I love class, I love elegance, I love simplicity and I love a great conversation.

Which of your careers is your favorite?

Tyrese: My favorite thing is, of course, singing. That's what I've always done from Day 1, since I was 14.

So how did you start singing?

Tyrese: I just started doing talent shows. In high school, I was part of the music department, in the school choir. When I got my Coca-Cola commercial, my phone rang off the hook. I was like, "Wow! I need to take this opportunity and run with it."

How'd you get the job hosting MTV Jams Countdown?

Tyrese: We went over there to MTV to try to get them to play [the video for] my first single, and they just

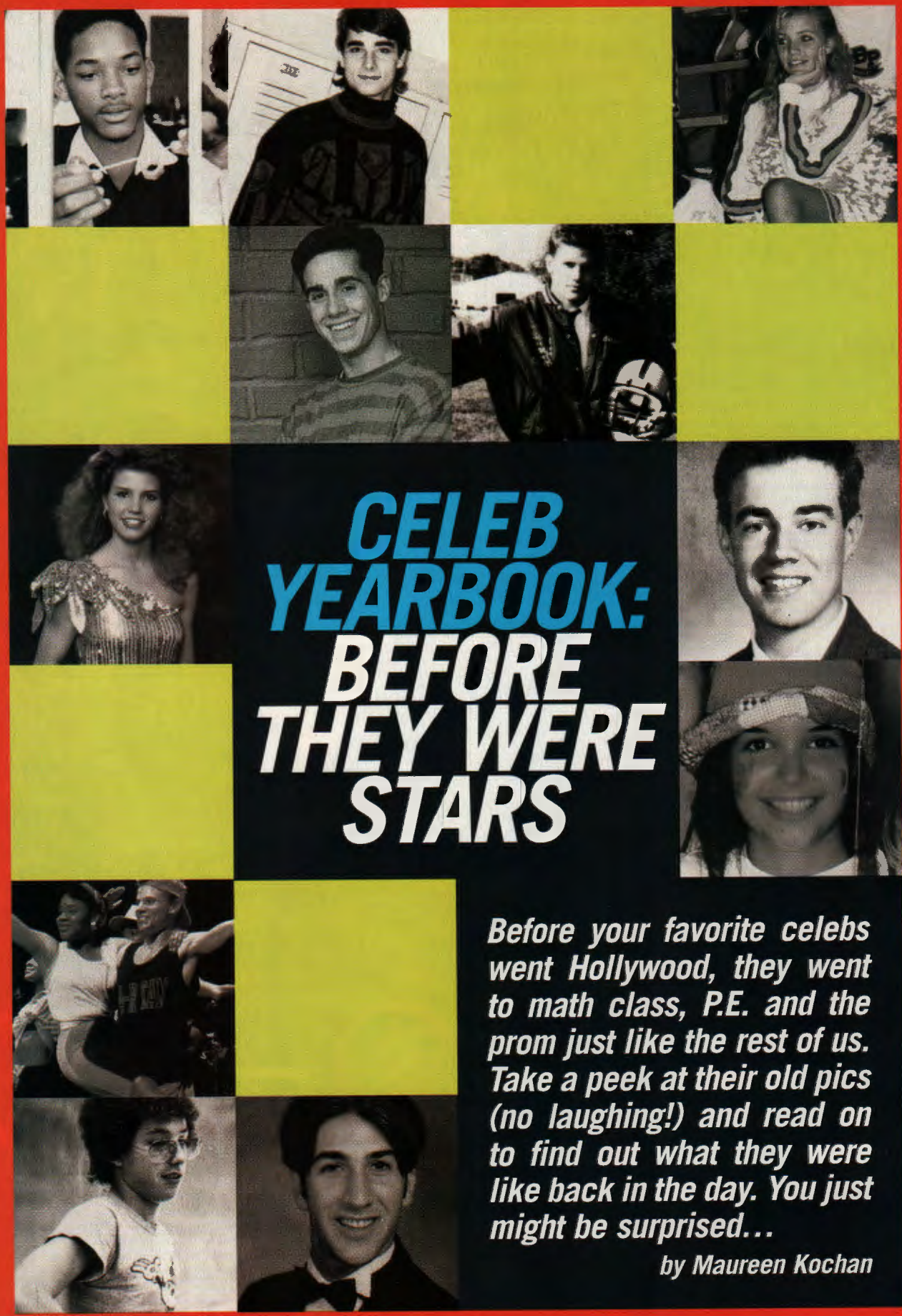
Continued on page 143.

Frontman: Jakob Dylan
Band: The Wallflowers
Didja know...
Although Jakob definitely inherited amazing musical genes from his dad (legendary rocker Bob Dylan), he hasn't always been into having a famous father. In seventh grade, he opened his social studies book to a lesson on the '60s and found his pop's pic next to greats Martin Luther King Jr. and the Beatles. How did Dylan deal? He asked for the bathroom key and made a quick exit!

Frontman: Dexter Holland
Band: The Offspring
Didja know...
Dexter's pretty fly for a band guy. That's 'cause he's also a pilot! His other lofty goal: acting. (You might have spotted the band in Idle Hands last spring.) He also runs his own indie label, Nitro Records, which is dedicated to supporting punk-rock music. "I do it because I like it and because I love the bands," gushes Dexter. "It's a really rewarding thing to sign a band that you like, put out their record and watch them grow."

Frontman: Rob Thomas
Band: Matchbox 20
Didja know...
Rob wasn't always such a go-getter, especially in high school. "I lived in detention. I thought it was more fun to go to the beach and surf than go to class," he says. Now that he's older and wiser, Rob seems to have changed his tune. "I don't think kids should do that," he says. "I lucked out." His fans are also in luck—Matchbox 20 are in the recording studio right now working on their next album, which should be out in the spring.

Jakob Dylan, Dexter Holland, Rob Thomas/Jeffrey Heese, Shooting Star. For Gavin Rossdale/Colin Bell, Retna. For Jakob Dylan/Mark Seliger, Outline. For Dexter Holland/Steve Jennings, Retna. For Rob Thomas/Lester Cohen, Shooting Star.



# CELEB YEARBOOK: BEFORE THEY WERE STARS

*Before your favorite celebs went Hollywood, they went to math class, P.E. and the prom just like the rest of us. Take a peek at their old pics (no laughing!) and read on to find out what they were like back in the day. You just might be surprised...*

*by Maureen Kochan*

Stephen Danelian/Outline

## CHARISMA CARPENTER

Charisma doesn't just play a gorgeous, popular and fashionable high schooler on TV—she was one! At Chula Vista High School near San Diego, Calif., the girl who would go on to play *Buffy the Vampire Slayer*'s Cordelia ruled the school: She was a homecoming princess and a varsity cheerleader who competed in (and won) beauty pageants. But this down-to-earth girl dismissed social status when picking a boyfriend. "My high school sweetheart was not popular. He kept to himself, and he had that brooding, smart thing going on." Obviously smart enough to hook up with her!
***UP NEXT:*** Cordelia heads to Los Angeles in the *Buffy* spin-off *Angel.*

Stephen Danelian/Outline

## ADAM SANDLER

This Big Daddy was his school's BMOC—big man of comedy! Even then, Adam was cracking up fellow students at Manchester Central High School in Manchester, N.H. They showed their star savvy by voting him "Class Comedian," but despite Adam's popularity, he was still short on self-esteem. In fact, his younger bro was the one who pushed him to pursue a career in comedy! "I was 17, applying for colleges and stuff," explains Adam. "I said, 'What am I gonna do?' And he said, 'You should be a standup.'" His bro helped Adam hone his act, and the rest, as they say, is (hilarious) history.
***UP NEXT:*** Adam plays a devilish dad in the comedy *Little Nicky.*

Michael Wells/Outline

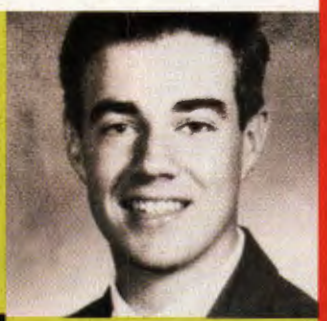
## CARSON DALY

Before Jennifer Love Hewitt, there was another and more lasting love for Carson: golf. At Santa Monica High School in Santa Monica, Calif., Carson stood out not because of his cool camera presence or cute good looks but because of his golf swing. He was ranked among the top high school players in the state, and he easily got a college scholarship in the sport. But then fate foiled his plans to go pro: A family friend got him an internship at a radio station and his on-air life was born.
***UP NEXT:*** Watch Carson every weekday on *Total Request Live*, or log on to www.mtv.com for more info.

Laura Lucho/Shooting Star

## WILL SMITH

Long before Will was mixing with the biggest names in Hollywood, he was mixing chemicals in the classroom. Yup, this blockbuster king was a killer science student who could clown around and still get the highest grade in class at Overbrook High School in Philadelphia, Pa. He was even a member of the chess club! His ambition, according to his yearbook? To become an engineer. Although Big Willie earned a college scholarship, he dropped out when his rapping skills started paying the bills.
***UP NEXT:*** Will's starring in *Wild Wild West*, and three more flicks are on the way, including *Love for Hire* with his wife, Jada Pinkett Smith.



## CELEB YEARBOOK: BEFORE THEY WERE STARS

continued

# CELEB YEARBOOK: BEFORE THEY WERE STARS

## KATIE HOLMES

Katie wasn't a cheerleader, but she sure had oodles of school spirit at Notre Dame Academy in Toledo, Ohio. This *Creek* girl was a fixture at pep rallies and loved to support her school's sports teams. But when it came to participating, her personal passion was plays. She starred in a bunch of 'em, even skipping an audition for *Dawson's Creek* that coincided with the opening night of *Damn Yankees* at her school. Katie's still close with her buds from high school and often stops by her old school when she's in town.

***UP NEXT:*** The *Dawson's* diva hits the big screen in *Teaching Mrs. Tingle* this summer, then in *Wonder Boys* next year.

Gary Lewis/Windward

Thomas Lau/Outline

## JOEY FATONE

Even in high school, this pre-'N Sync singer couldn't get enough of the limelight. In fact, he'd do just about anything for a little attention—including cross-dress for a laugh! After class at Dr. Phillips High School in Orlando, Fla., Joey would head to Universal Studios, where he performed in a side-stage show in front of huge crowds of tourists. All his off-hours were devoted to his band, The Big Guys, a local group he played with until he joined 'N Sync and made music history.

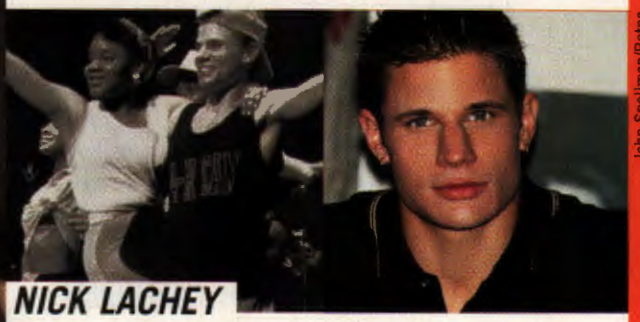
***UP NEXT:*** 'N Sync's new album hits stores this fall (finally!). Get more info at www.nsync.com.

Johnathan Alcorn/Zuma

## CAMERON DIAZ

This cheerleader-turned-model-turned-actress shook her pom-poms for her Long Beach, Calif., high school before moving to Paris to strut the catwalks. Sure, she seemed like a perfect coed, but Cameron didn't feel she fit in. "Because I'm blond and blue-eyed, people who aren't Hispanic can't believe that I am a Latina," says the actress, who's of Cuban heritage. "And people who are Hispanic always think that I'm not, because I don't look like them." She says she still has to deal with the bias, but she's found a way to work through it: "Being Latin is part of who I am, and I bring that to every role."

***UP NEXT:*** Cameron plays hardball this fall in *Any Given Sunday*.



John Spellman/Retna

## NICK LACHEY

This graduate of the Cincinnati, Ohio, School for the Creative and Performing Arts entertained thousands of people in high school before he ever got paid to step onstage. From *The Wiz* to *Annie* to *A Christmas Carol*, the creative cutie loved to entertain. Surprisingly, as much as Nick loved the stage, he was also seriously drawn to sports. He briefly studied sports medicine at Ohio's Miami University before moving to Los Angeles to join 98°—and he's been sizzlin' ever since!

***UP NEXT:*** Rumor has it that 98° are working on an album of Christmas songs.

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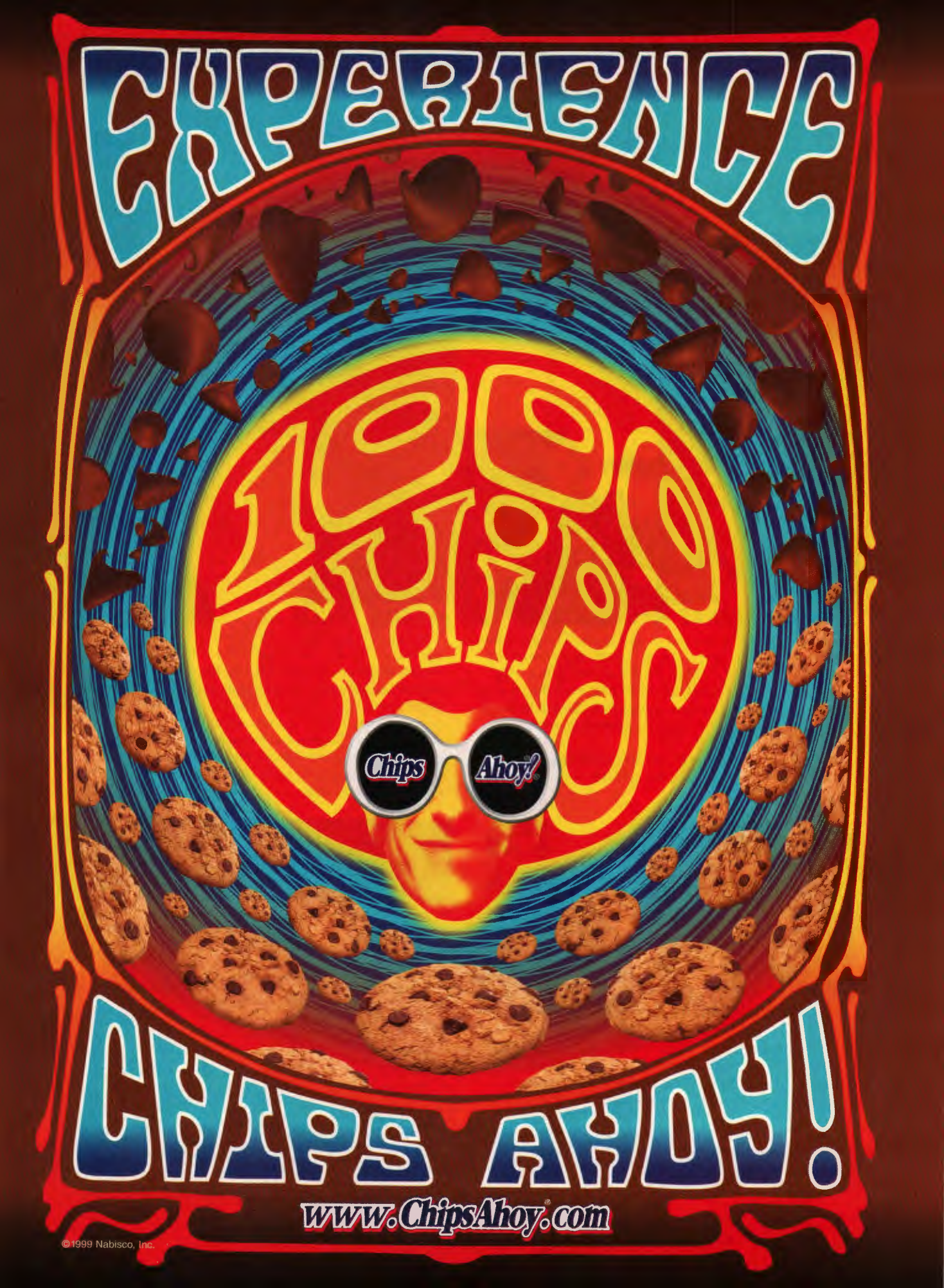
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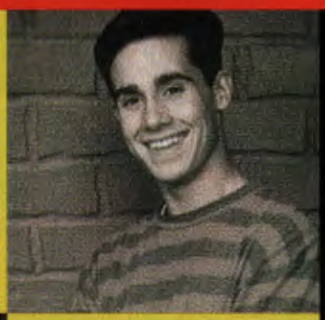
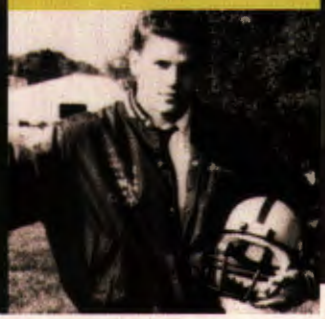
# CELEB YEARBOOK: BEFORE THEY WERE STARS



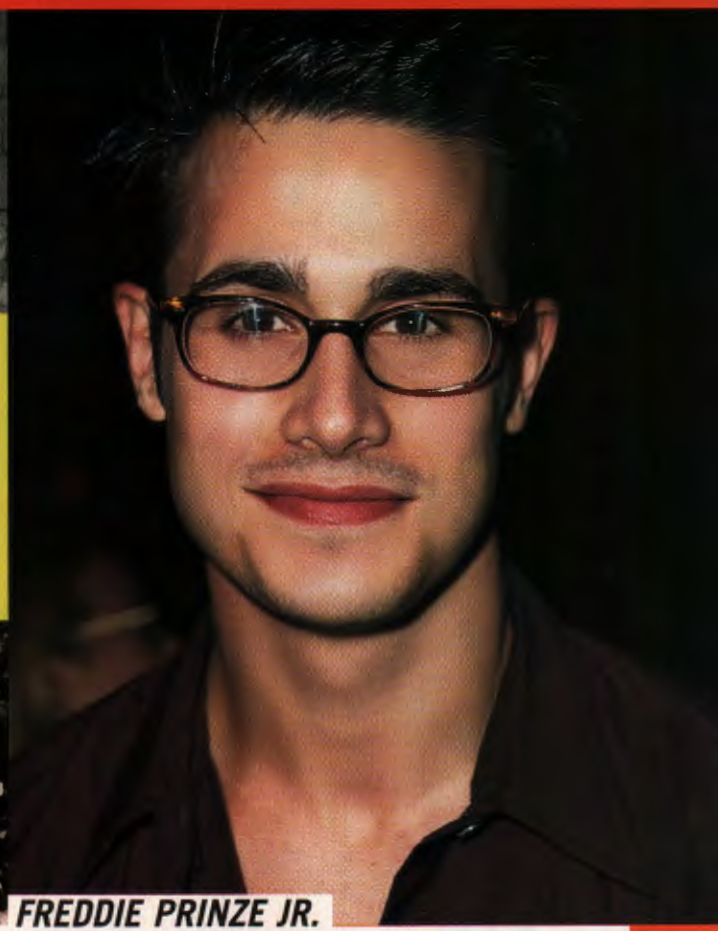


Barry King/Shooting Star

## DAVID BOREANAZ

Before bad-boy David won Buffy's heart as Angel, he played the role of good guy at Malvern Prep in Malvern, Pa., where he was student council secretary and a member of the varsity football team. He developed his buff bod on the field, but college is where he honed his acting skills. David studied filmmaking at Ithaca College in New York before heading to Hollywood and turning into a blood-sucking babe.

***UP NEXT:*** Buh-bye Sunnydale, hel-*lo* City of Angels! Everyone's favorite vampire moves to L.A. this fall when he gets his own show, *Angel.*

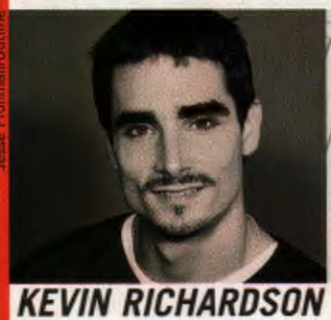


## FREDDIE PRINZE JR.

"I was a dork in high school. I barely even got to go to the prom," says Freddie. This dark-haired cutie, who in a funny twist played the coolest guy on campus in *She's All That,* really wasn't the popular type back then. (In fact, Freddie claims he's kissed more girls in movies than in real life.) "I read a lot of comic books and pretended I was in them, and kids would tease me and call me names," he says. "But now I do the same things and people say that I'm artistic and cool." Guess who's laughing last.

***UP NEXT:*** Freddie stars opposite Claire Danes in the murder-mystery *Head Over Heels.*

Gregg Deguire/Zuma



Jesse Frohman/Outline

## KEVIN RICHARDSON

Voted "Best Looking," "Best Look," "Best Dressed," "Most Popular" and "Best Dancer" at Estill County High School in Irvine, Ky., Kevin got used to being adored early on. (Oh yeah, did we mention he was captain of the football team?) Hottie Kevin sums up his high school experience best: "I loved school!" And it's easy to see why.

***UP NEXT:*** Backstreet Boys are on the road in Europe until August playing all their new tunes from *Millennium.* Then they return Stateside for a huge U.S. tour starting in September. Find out more at www.backstreetboys.com.

## MAIL CALL

***David Boreanaz***
*c/o The WB*
*4000 Warner Blvd., Bldg. 34R*
*Burbank, CA 91522*

***Charisma Carpenter***
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*Beverly Hills, CA 90210*

***Carson Daly***
*c/o MTV*
*1515 Broadway*
*New York, NY 10036*

***Cameron Diaz***
*c/o ICM*
*8942 Wilshire Blvd.*
*Beverly Hills, CA 90211*

***Joey Fatone***
*P.O. Box 692109*
*Orlando, FL 32869-2109*

***Katie Holmes***
*c/o CAA*
*9830 Wilshire Blvd.*
*Beverly Hills, CA 90212*

***Nick Lachey***
*c/o Universal Records*
*1755 Broadway*
*New York, NY 10019*

***Freddie Prinze Jr.***
*c/o BWR*
*9100 Wilshire Blvd., 6th Floor, West Tower*
*Beverly Hills, CA 90212*

***Kevin Richardson***
*The BSB Fan Club*
*P.O. Box 20*
*Manchester M60 3ED, England*

***Adam Sandler***
*c/o Endeavor*
*9701 Wilshire Blvd., 10th Floor*
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Found out what her sneakers say about her style.
http://www.delias.com/sneakers.html
Recently bought a pony with the money she saved at discountdomain.com. http://www.discountdomain.com/
Has a secret admirer. http://secretadmirer.gURL.com/index.htm
Is afraid her foot has fallen asleep. http://www.ama-assn.org/
Owns 13 pairs of jeans. http://www.delias.com/jeans.html
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real life



# forbi

***So you're after the wrong guy. Your best friend's boyfriend? Your brother's best friend? Maybe even your babely biology teacher? Don't stress. Sometimes crushes hit us in weird ways. But if your libido is leading you way off-limits, check out our love list to see if you're headed for a crush catastrophe!***

***by Laura Morgan***

Love really does make the world go spinning round. But if it careens into the forbidden zone, it can leave you with a dizzying headache and a broken heart. When you're lusting after someone you think you shouldn't crush on, it's often because you're subconsciously lashing out—at your parents, your friends, anyone who's cramping your style, according to Suzanne Lopez, a relationship expert and author of the book *Get Smart With Your Heart*. "What makes an off-limits attraction so exciting is not so much the other person as it is your venturing into places you're perhaps not supposed to go," she says. Once in a while, though, a forbidden crush might turn out to be the real deal. The tricky part is figuring out if your off-limits love is heaven-sent or hell-bound. "Forbidden crushes are usually normal," explains Lopez, "but they can be unhealthy if you step across a line and then keep making choices that end up hurting you." A good motto from Lopez to keep your lust in line: "Remember, there are lots of good fish in the sea. Find one that doesn't give you food poisoning!"

## LOVE LIST: ARE THESE OFF-LIMITS?

### 1 He's My Brother's Friend!

Not Sure writes: "I like one of my brother's friends. I've been fooling around with him. He says he likes me too, but he can't tell my brother about us because my brother will beat him up."

If you've got a brother, chances are he's got some fine friends. "Brothers' friends are great resources," Lopez admits. And sure, the fact that his friend is constantly hanging out on your home turf makes him an easy target. Be prepared, though: Sibling rivalry can rage to epic proportions if you start snuggling up to your bro's bud. Lopez says, "If it's going to create drama or fights and upset your brother, you should think twice." If the love vibes aren't cooling down, don't start sneaking around. Be honest with your brother about your feelings. He still may flip out, but at least he won't feel like he's been had.

Crush catastrophe rating (on a scale of 1 to 4 bombs): 2

### 2 He's My Best Friend's Boyfriend!

Kissing the Wrong Crush writes: "My best friend is dating my best guy friend, who I love. It's gone past liking him. Twice he's been to my house, and both times we've made out (he's been up my shirt) while they were dating. I feel horrible, but I can't tell her."

There's nothing noble about stealing your best friend's guy—you wouldn't trust her if she betrayed you that way. You're probably feeling a little jealous of your friend's happiness and your competitive spirit is working overtime. If you want to stop feeling guilty, start keeping your hands to yourself. Otherwise, your desire will lead to disaster. "You'll end up losing your best friend," Lopez says. "If you have 2,500 best friends maybe that's OK, but if you have one best friend that relationship is a lot more valuable than some guy." Guys might come and go, but best friends are forever. So unless you want your life to resemble an episode of *Dawson's*, continuing to make out with your best friend's guy is an all-out bad idea.

Crush catastrophe rating: 4 bombs

### 3 He's a Different Race and My Parents Object!

Confused and Trapped writes: "I have had two relationships with black males behind my parents' backs, and I'm still interested in my black guy friends. I know that if my parents find out, I will be beaten; they've already threatened me. I don't want to get in trouble or lose my parents' trust. What do I do?"

It's OK to have a crush on someone different from yourself. "It's important to understand different religions, ethnicities and cultures so you learn compassion and tolerance," Lopez says. But face it, you need your parents—not only for emotional support, but for the roof over your head! So even though it's not fair, and their extreme views are straight out of the dark ages, you might have to accept reality. If your parents are bigoted about other religions or races, it's doubtful you'll be able to change their thinking. Although it's tough to hush a crush, if being with any guy is destroying your home life and your relationship with your parents, Lopez recommends pursuing your feelings on a friendship-only basis, at least while you're living under Mom and Dad's roof. But remember that physical abuse by your parents is never an acceptable response to any situation.

Crush catastrophe rating: 2 bombs

continued

# den

crushes?

## 4 He's My Stepbrother!

Totally Confused writes: "My stepbrother and I were playing Truth or Dare, and he dared me to do a lot with him. I care a lot about him and have a huge crush on him. Should we keep messing around?"

Just because you're not blood-related doesn't mean this isn't a big mess, especially if you're living in the same house. Do you really want to see your crush every morning while you're sporting zit cream and PJs? Of course, you and he have a lot in common—like parents!—but that doesn't make you a love match. As Lopez says, you're likely in cahoots to make your parents crazy: "You should ask yourselves if you're attracted to each other for the right reasons, or if you just want to raise your parents' blood pressure." Dealing with a new mom or dad can be difficult, but these family flirtations will only lead to trouble.
Crush catastrophe rating: 3 bombs

**"Remember, there are lots of good fish in the sea. Find one that doesn't give you food poisoning!"**

## 5 He's My Boyfriend's Brother!

Anonymous in Illinois writes: "I'm going out with a guy, but I'm starting to like his older brother. I think he knows, 'cause we always flirt. Should I break up with my b.f. and go out with his brother or not?"

The bonds of brotherhood—like sisterhood—are strong. But would you share your crush with your sister? Didn't think so. Aside from some harmless flirting, chances are your boyfriend's bro isn't interested in poaching on his brother's territory. And if he is, Lopez points out, "that certainly doesn't make him a great catch!" Loyalty and trust are the basis of good relationships, and if this guy is ready to sell out his own brother, how can you be sure he won't do the same to you? If you're not happy with your current guy, break up with him, but don't bother with his brother.
Crush catastrophe rating: 1 bomb

## 6 He's My Teacher!

Hopelessly Devoted writes: "One of the teachers at school is a major babe, and I have a major crush. Such a big one that I even have his picture in my agenda. I write little messages about him almost everywhere. I dedicated a song to him at the Valentine's Dance. My friends think I'm a freak. Help!"

Don't worry, you're not a freak. This is kind of like having a crush on a rock star: Deep down you know it's not realistic, but it's still fun to daydream. "It's normal to have a crush on someone you admire," says Lopez. "But when it's a teacher or a boss, acting it out is absolutely not OK." The consequences could land him in prison for statutory rape. You don't have to abandon the fantasy entirely, but make sure it stays just a fantasy.
Crush catastrophe rating: 4 bombs

## 7 He's Got a Girlfriend!

Hurting writes: "I have an ex-boyfriend who I still go out with and have sex with. The problem is that he has a girlfriend but still tells me he loves me. And whenever we're together he always wants to have sex."

Clue in, girlfriend. This guy is taking advantage of you. Not only is this wannabe Don Juan taken, he's a two-timer. "You're interested in romance," says Lopez, "but he's interested in something very different." Why go for a guy who's taken and who may be putting you at risk for a sexually transmitted disease by not being monogamous when there are so many other hotties out there? And why sweat this guy who's leaving you in the lurch when you could be dating someone who will treat you with the respect you deserve? If a guy with a girlfriend is serious about you, he'll do the right thing: let his girlfriend down easy and start fresh with you.
Crush catastrophe rating: 3 bombs

## 8 He's Too Old for Me!

Young in Love writes: "I have this boyfriend who I'm really in love with. We've been dating for a few weeks and he's really wonderful, but my parents can't stand him, mainly because of our huge age difference. He's 19 and I'm only 13. The whole time we've been dating we've been sneaking around behind my parents' backs. Now he's about to get his own apartment, and he wants me to run away and live with him. I'm worried about the consequences. What should I do?"

You're right to be concerned! It sounds like he's trying to force you into a decision you know you're not ready for. It's important to recognize a possible reason for your hesitation: "Many boys are not interested in the romantic aspects of a relationship," says Lopez. "Instead, they're dominated by their libidos." Believe it or not, your parents really do have your best interests at heart. If your older guy is pressuring you into something you're not comfortable with, that's proof positive that he's not ready for a mature relationship. Have fun, play the field. If this is really the love of a lifetime, the relationship will last.
Crush catastrophe rating: 3 bombs

## 9 He's Way, Way Older!

Anonymous in Utah writes: "A guy and I are totally in love, but he's 23 years older than me. He's not a loser; I'm just very mature socially and physically. He's also a friend of my parents. They know we like each other, but not how much. Help!"

Hello?! Guys that much older should be dating women their own age. "Do not set yourself up to be a victim. Chances are, it's not about his loving you," Lopez asserts. "He's manipulating you." Besides, he'll be wheeling toward the geriatric ward when you're still Rollerblading. If he won't leave you alone, tell your parents, tell a teacher, tell the authorities! And next time you're in class, take a look around. There are probably some cool guys—in your generation!—just waiting to catch your eye.
Crush catastrophe rating: Off the scale, 5 bombs

## 10 He's My Cousin!

Confused in Pennsylvania writes: "I think I'm in love with my cousin, and I think he feels the same way."

Don't deceive yourself. "This can happen because someone who's familiar to you may feel safer than other boys," says Lopez. Ask yourself whether a romance with someone who shares your bloodline is really worth it. "You can't change the fact that he's your cousin," explains Lopez, "so going down that path is only going to cause unnecessary grief for you and your extended family." What feels like a comfortable relationship with him could take a turn for the worse when your relatives start giving you a hard time. You'd better think this one through. As Lopez says, "Why go down a path that will lead you over a cliff?"
Crush catastrophe rating: 4 bombs

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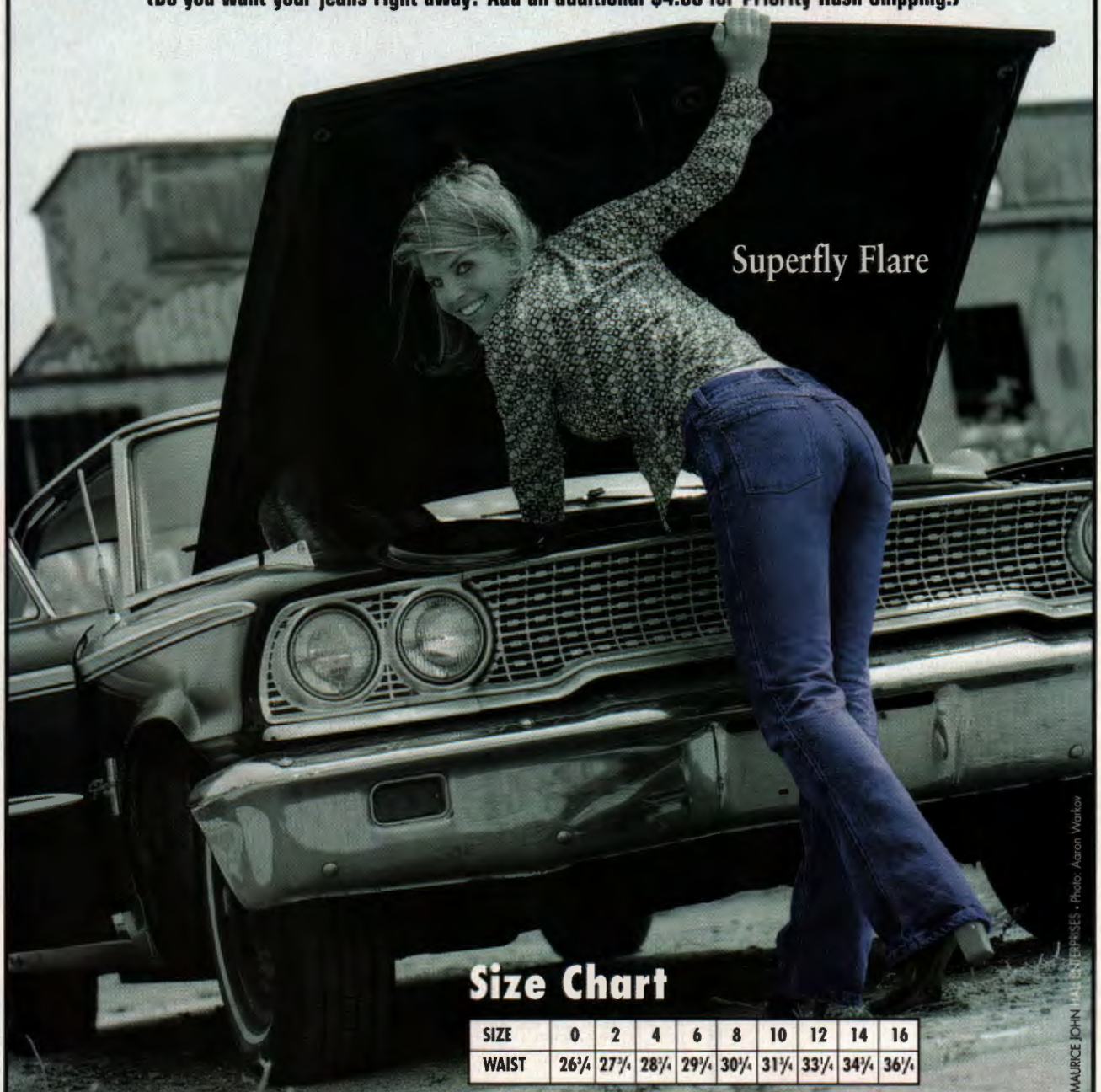


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# do you believe there's life on other planets?

*"Yes, I honestly do. I don't think God would have made only one planet with people on it."*
*—Tiffani C., 15*

*"Yes, I believe there's life on other planets. I don't think the universe is as simple as humans make it out to be. There's something out there."*
*—Sarah A., 15*

*"In a way I do because of evidence like the pictures from Mars, but until there's actual proof, I don't."*
*—Annaliza E., 17*

UFO picture/Foto Fantasies

## streetspeak

***"I think there must be life on*** other planets. This universe is too big for Earth to be the only place with life. There are things out there. It's a waste of space if there aren't."—A.E., 15, Ariz.

***"When people say that they've*** seen flying saucers or whatever, I think they're making it up. I don't think any of that is true, but I do think there's a big possibility that there's life on other planets."—K.G., 13, Wis.

***"Of course not! Everyone makes*** it out to be such a big deal, but don't you think aliens would've come to suck our brains out by now if they existed?"—R.W., 13, N.H.

***"Call me crazy, but I believe.*** I mean, there were traces of what seemed to be life on Mars. It might not have been intelligent, but it was life. We shouldn't dismiss the idea just because scientists haven't proven it yet. We haven't even begun to explore the outer ends of our own solar system."—A.C., 13, Mich.

***"I believe there's life on other*** planets. Why would God create a huge universe and only put life on one planet?" —J.H., 16, Maine

***"I believe that there could be*** life on other planets, but I don't think they would look like the aliens we usually picture: green with huge black eyes. I also don't think they go cruisin' around in spaceships trying to abduct people."—S.F., 15, Wis.

***"There might be,*** but I won't believe it until I see it."—J.B., 15, Texas

***"I definitely think there's life on*** other planets. Wherever they are, they're probably wondering the same thing. I hope one day we'll be able to interact with them."—A.R., 14, Calif.

***"Gimme a break! Whoever came*** up with the idea that there's life on other planets obviously didn't have his brain in this galaxy! The idea is preposterous. For as long as we've been able to explore space, we would have found some signs of life by now if there were any. Even the UFO in Roswell, New Mexico, turned out to be just a weather balloon."—R.P., 16, Mich.

What do you think? Are teens portrayed realistically on TV and in movies? Send your response, along with your name, age and address, to: For Real, *Teen*, P.O. Box 48990, Los Angeles, CA 90048; e-mail: real@teenmag.com.

do aliens exist? here's what you said: 72% yes, 28% no

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# is he more than just a friend?

*You insist it's totally platonic, but are you and your guy pal harboring hidden sparks? Take this quiz and find out.*

**by Katie Crouch**

Makeup/Jennifer Mann. Hair/Hugo Urias, the Crystal Agency.

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MS 554 JH2CZ (SN)

# teen on the scene

BACKSTREET BOYS ON BROADWAY? WELL, NOT EXACTLY. BUT THEY WERE IN N.Y.C. TO TAPE A DISNEY SPECIAL WHEN WE CAUGHT UP WITH THEM. HERE'S OUR EXCLUSIVE GLIMPSE OF THE GUYS IN THE CITY.

# bsb in the big apple

So now that Brian's a successful songwriter (he penned "The Perfect Fan"), is he giving guitar pointers too?

Leavin' the hustle and bustle of the city behind, Kevin takes a timeout from a pickup b-ball game.

Rehearsing their hit song "I Want It That Way," these guys form a larger-than-life lineup.

Kickin' it at the bowling alley between songs. (But we gotta ask, what's up with Nick's hair?)

Nick's good to go after a quick costume (and hair) change.

Practice makes perfect. The guys run through the dance choreography for "Everybody" until they're all, um, in sync. (Tee hee!)

Ready to strike out on his own? Nah, A.J.'s a team player!

A.J.'s no sucka! He shrugs off Nick's unsolicited bowling tips.

**Be sure to tune in to Backstreet Boys in Concert, airing July 10 at 7 p.m. on the Disney Channel!**

# star stuff

by marisa laudadio

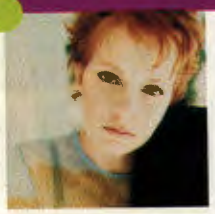
## CATCHING UP WITH MA$E

***new disc:*** Puff Daddy protégé Ma$e is back in the rap scene (but not for long) with *Double Up*, a follow-up to his triple-platinum debut album, *Harlem World*. He buddied up with Blackstreet on the first single, "Get Ready."

***new calling:*** Ever heard of early retirement? Well, Ma$e is taking his waaay early. The 21-year-old decided to put his rappin' and rhymin' skills to rest with the release of this album so he can follow God. "I'm grateful for all the blessings bestowed on me that were a result of my music career," says Ma$e. "Now it's time for me to serve God in His way. The Lord sends you messages when He's ready and not necessarily when we are."

***what's next?*** Ma$e won't be performing to support his album, but he will continue to follow his heart and work with charities and inner-city children. We'll miss you, Ma$e!

## must-hear CDs



Craving music with meaning? Don't dare miss *Jordan's Sister* (Capitol), the debut disc from 19-year-old singer/songwriter **Kendall Payne**. Sweet vocals and hum-worthy melodies might catch your ear, but her lyrics will capture your heart.

Rapper **Missy Elliott** matches the boys beat for beat on *Da Real World* (Elektra), blowing you away with her innovative brand of don't-mess-with-me girl gospel—the single "She's a Bitch" only sets the stage.

Kick and scream all you want, but you won't be able to get the catchy chorus of **EYC**'s "This Thing Called Love," or any of the other hip-pop tunes on *I Feel It* (Gasoline/Red Ant), out of your head.

## preview picks

***Fight Club***

The players: Brad Pitt, Edward Norton, Helena Bonham Carter, Jared Leto

The plot: Fist fights are the name of the game in this twisted tale of a guy named Tyler who believes self-destruction is the only way to be a winner.

***In Too Deep***

The players: Omar Epps, LL Cool J, Nas, Mya

The plot: This who's-who-in-the-hip-hop-world cast acts up in the story of an undercover cop (Epps) who slowly gets sucked into a life of crime.

***The Wood***

The players: Taye Diggs, Omar Epps, Richard T. Jones, Malinda Williams

The plot: When one of the gang (Diggs) gets wedding-day jitters, his buds put him at ease by reminiscing about growing up together in the '80s.

continued

*(late night)*

+

*(early meeting)*

+

*(suit required)*

=

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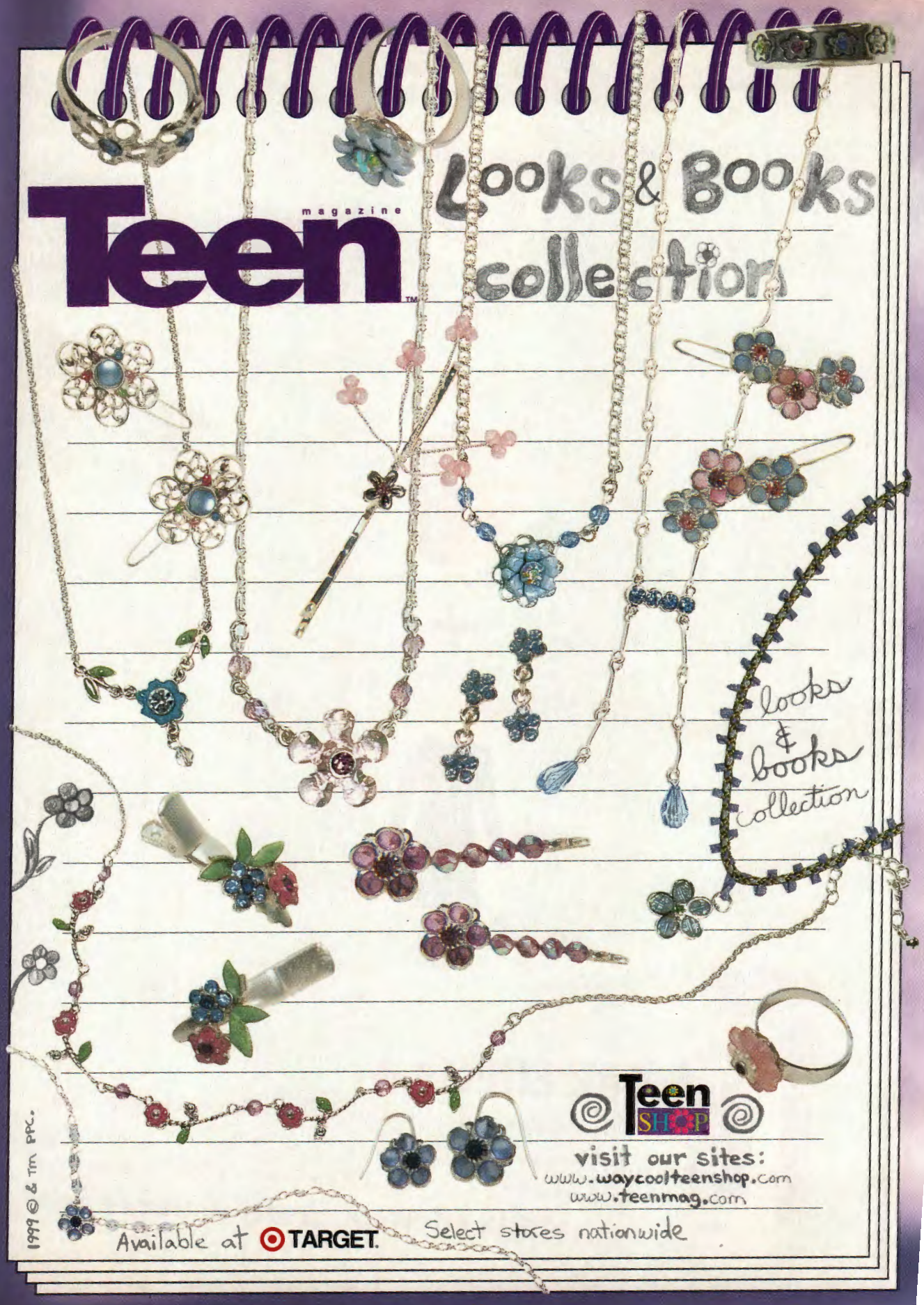
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**1** You and your buds decide to grab burritos at the local Mexican joint. You squeeze into a crowded booth next to your guy friend, and your leg leans against his. He:
**a** quickly moves his leg away.
**b** leaves his leg next to yours for a sec, then shimmies it the other way.
**c** doesn't move his leg an inch for the rest of the night.

**2** The homecoming dance is coming up, and you don't have a date. He:
**a** says that he doesn't have a date either and mumbles, "We may as well go together."
**b** offers to set you up with one of his cute friends from the swim team.
**c** says he'll take you, but also suggests that you both boycott the dance and rent cheesy horror flicks instead.

**3** Your guy pal and your best (girl) friend go to your dance recital together. Later, your best friend says the two of them had a great time hanging out. You:
**a** are happy they both came to see you.
**b** feel a strong, unexpected pang of jealousy at the thought of them sitting together in the dark theater.
**c** are psyched that the two of them are spending time together. You want all three of you to be bonded like Super Glue.

**4** As you're walking to class with him, you trip up the steps and fall. He helps you up, and you:
**a** thank him and think, "Good thing no one saw that."
**b** majorly blush, then try to change the subject ASAP.
**c** laugh at yourself (hoping he'll start laughing too).

**5** You have a cookout at your house. As friends start to leave, the two of you:
**a** head to the movies with a group of people.
**b** talk for a couple of minutes about tonight's basketball game, then part ways.
**c** hang back at your house to clean up.

**6** Good friends have asked what the deal is with you and him.
True
False

**7** You mention to him that one of your friends has a big crush on him. He:
**a** rolls his eyes and asks you what you're doing this weekend.
**b** shouts "woo hoo!" and asks you what she's doing this weekend.
**c** says casually that maybe he'll give her a call, then asks who your latest crush is.

**8** Your guy pal calls to chat on the phone, even though you have a huge math test tomorrow. You:
**a** thank him for calling but tell him that you have to study.
**b** complain about your studying woes for a while, then tell him you gotta go.
**c** blow off studying so you can chat with him for two hours.

**9** It's his birthday. You:
**a** give him a card.
**b** plan a big party and buy him a special present.
**c** say "happy birthday" in passing and congratulate yourself for remembering it.

**10** You just got back from a week-long vay-cay with your family. When the two of you see each other, you both:
**a** wave casually.
**b** high-five each other, then he updates you on *Buffy*.
**c** rush up to each other, hug and ask about every minute of the past week.

# scoring

**1** a1, b2, c3 **2** a2, b1, c3 **3** a2, b3, c1 **4** a1, b3, c2 **5** a2, b1, c3
**6** true **7** a3, b1, c2 **8** a1, b2, c3 **9** a2, b3, c1 **10** a1, b2, c3

### Strictly Friends Sitch
***(10 to 16 points)***
***You're friends till the end. You have great times together, but the thought of kissing each other probably grosses you guys out. You never think of the other one outside of a friendship capacity (unless you're playing match-maker for a friend). You can go to each other to get inside info about the opposite sex without any hassles. In fact, you're practically brother and sister. There's just one possible snag scenario: Suspecting a stronger "like" vibe from only one of you can be shaky. "When you have one person who's interested and one who's not, things get difficult," says Carol Weston, the author of Girltalk: All the Stuff Your Sister Never Told You. "If he's interested and you're not, let him know in a subtle way. Avoid him just a little bit, but don't tell your girlfriends and make things a big deal." If your affections are deflected, move on quietly. There will be lots of love matches out there, and you wouldn't want to risk losing this good guy friend. Besides, an objective male opinion is important when the right guy does come around!***

### Could-Be Companionship
***(17 to 23 points)***
***This relationship always keeps you guessing. You feel totally comfortable around each other and enjoy spending time together. Sometimes you feel like it might be going somewhere, but you're just not sure. Weston suggests ways to test the situation: Ask yourself, "Am I into spending one-on-one time with him?" "Am I jealous when he compliments my friends?" A "yes" to these questions is a pretty good sign of amorous interest. "If you want to see if he's interested, compliment him a little more than usual and show interest in what he's doing; then see if he backs off or responds positively," says Weston. "If he does back off, you haven't gone way out on a limb, so it's OK." The important thing to remember is don't rush it! The last thing you want to do is jeopardize a friendship for uncertain romance.***

### Romance-Ready Relationship
***(24 to 30 points)***
***The sparks are definitely flying. You're thinking about him a lot, and you get a little jealous when he's around other girls. He's constantly showering you with attention, and there have been subtle instances of physical contact that were a little more than "friendly." "There are certain pre-romance signs to watch for," says Weston. "He's looking you in the eyes, using your name, touching you. You're thinking about him during the day and looking forward to seeing him after Spanish class. The two of you spend a lot of time together. These are all signs that both of you are interested." Things may progress naturally, but you may want to have a heart-to-heart about your feelings so things don't start getting weird.***

# cloaked in danger

**SHE WAS FORBIDDEN TO ATTEND SCHOOL, HAVE A RADIO OR EVEN MAKE NOISE WHEN SHE WALKED. IF SHE DISOBEYED, SHE COULD BE BEATEN. A 15-YEAR-OLD SPOKE TO TEEN ABOUT HER ESCAPE FROM AFGHANISTAN'S STRICT TALIBAN MILITIA—AND THEIR UNTHINKABLE ACTIONS AGAINST WOMEN.**

AP Photo/Kathy Gannon

*In 1996, the Taliban, a violent military force, seized control of the capital of Afghanistan (a country in south-central Asia, near China and Iran), then spread its reign of terror throughout most of the country. Wherever the Taliban have gone, a barbaric set of rules has followed—what they claim to be a Muslim legal code. Men must obey some of these restrictions, but girls and women are the main targets of these terrible abuses of human rights. Many people have fled to refugee camps to escape the atrocities.*

## by Shugofa Noori Kabir, as told to Deborah Ellis

"There's no man in the house!" my mother and I insisted, but the group of Taliban soldiers at our door didn't believe us. We tried to keep them from entering our home, but they all had guns. They pushed right past us, knocking me down. They searched all over our little house until they found what they were looking for: my father. My mother was screaming at the soldiers to let him go, but they took him out of the house so fast, we never got to say good-bye. We haven't heard any news of my father since, but we think he's dead.

That was last August, after the Taliban government captured my city, Mazar-e-Sharif, in the north of Afghanistan. No one expected them to succeed in taking over the city. That's why we didn't leave before they got there. The day they took over, the Taliban soldiers went from house to house arresting—and often killing—people they didn't like, mostly educated people or those who believed differently from them. My father was both. He was a high school geography teacher and a Shiite Muslim. The Taliban hate Shiites.

And that wasn't all the Taliban did. They also placed nightmare restrictions on women. As they put it, the purpose was to restore the purity of our country.

### shock wave

We heard what the Taliban had done in the capital city of Kabul, how they closed the schools for girls and forbade women to go out to work. They did the same thing in Mazar. I was forbidden to go to school just because I'm a girl. We weren't even allowed to be taught at home. (My brothers still went, but all they could study was the sacred Islamic text, the Koran.)

To go outside, I had to wear a *burqa*, a long garment that completely covered my body and face. The Taliban make all women wear one so men won't be "interested" in them. I couldn't figure out how to wear my burqa at first, what to do with my hands. It's very difficult to walk when you're wearing one—there's only a tiny screen to look through, and you can't see where you're going. It's also very hot inside it, and your breath comes right back in your face because your mouth and nose are covered. The Taliban would beat women in the street if they weren't covered properly—even if just their ankles showed! When I first put the burqa on, I looked at myself in a mirror. I looked like a lifeless statue. There was no "me" there at all.

The times I did go out, my oldest brother had to go with me. No female is allowed to leave her home unless she's with a close male relative. You could be stoned to death if you were with a man who wasn't related to you. And I had to be quiet when I walked. Soldiers punished women on the street who made noise when they walked.

I used to have so much fun with my friends, doing our homework together, watching television together. Sometimes there would be American films on TV. But after the Taliban came, TV and radios weren't allowed. I mostly stayed inside, helping my mother with the children; it was safer.

### getting out

Within a month, we left our city, hoping to find safety in a refugee camp in Pakistan. We had to leave all our things. My brother and I did our best to hide our books; the Taliban would destroy them if they found them. I wanted to stay longer, in case my father was still alive, but I was too scared.

For nearly four days we traveled on a rickety bus. Both my mother and I had to wear burqas the whole time because there were a lot of Taliban checkpoints. The soldiers would make everyone get off the bus, and they would check our papers and ask us where we were going and why. They also demanded money. Luckily, my mother could speak a few words of Pashtu, the Taliban language. We also had a little money, so we could pay what they demanded. Other people on the bus were not so lucky. They were taken away because their papers weren't in order, or because the soldiers didn't like their looks.

### free at last

I was glad when we finally got to the refugee camp. My uncle was here before us, and he got permission from the camp council for us to live here. Unlike many of the other camps, which have tents, this one has houses. Our house has electricity, although the power goes off every day. The one-room houses are made of mud, and when it rains, everything gets slimy.

This camp, where we've been living for seven months, is like a primitive village. There's nothing beautiful here. There are high walls around it, and an armed guard at the gate keeps track of who comes and goes. Everyone keeps chickens, and a lot of goats and sheep wander around. There are almost no trees. In the summer, it's like living in an oven.

But I don't have to wear my burqa here, and I can leave my house. I even go outside the walls of the camp, but not very far. It's dangerous for women to be alone—women and girls have been stolen from the camps and never seen again.

I've met friends here, and since we've been through many of the same things, I feel close to them. We talk about our dreams for the future. Mine is to be a doctor.

There is a school in the camp that I go to for two hours a day. It goes up to the eighth grade. There are no books, and the rain made my classroom ceiling cave in, but at least it's a school. High school here costs a lot of money, so I don't know if I'll be able to go. Besides, I'm the oldest, and my mother needs me to help her with my four brothers and two sisters.

### homesick heart

Before the Taliban came, my life was good. We had a beautiful house. Now we live in mud, but at least we're safe.

I still worry about my friends in Afghanistan. Their families did not have enough money to leave. Maybe one day things can get back to normal; the Taliban will leave Afghanistan and we can go home again. Everyone in the camp wants the same thing: peace in Afghanistan so we can go home. T

## take action

***You can help the women in Afghanistan by joining the Feminist Majority Foundation's campaign to Stop Gender Apartheid in Afghanistan. Call 888/93-WOMEN or visit www.feminist.org. The Web site allows you to send instant e-mail to the U.S. government and the United Nations expressing your concern. For more information on the plight of the women in Afghanistan, visit Unicef's site at www.unicef.org.***

**Some Taliban Laws:**

- Women and girls over 12 years of age have to wear the burqa and are forbidden to attend school, work outside the home or leave the home without a male relative.
- White socks, music, fashion magazines, playing drums, cameras, photographs and video cassettes are forbidden.
- Homes where women live must have their windows painted opaque to hide the women from view.
- Women who disobey any of the rules of dress or behavior can be beaten in the street and imprisoned.

Wanna share your thoughts on this subject? Log on to **www.teenmag.com.**

Shugofa in her camp in Pakistan.

# roughing it & loving it

**After climbing a 600-foot rock, riding mean white-water rapids and hiking their feet off, there's nothing these four supergirls can't conquer.**

by nancy rones

***She almost missed the trip of a lifetime. Jasmine was heading to the Los Angeles International Airport when her mom asked about her tickets—the ones that were, gulp, on top of the TV at home. A missed flight and a thousand "omigods" later, Jasmine boarded a plane and rushed to meet her group for a 16-day Outward Bound adventure in the North Carolina wilderness. "I'm so glad I finally made it that day," said Jasmine. And from the sound of it, three of her newfound adventure-travel mates—Kelly, Jennifer and Tara—are glad they made it too.***

***Joined by four guys (Melvin, Michael, Peter and Marcus) and two leaders (Tim and Beth), these chicks split from comfy civilization to come face-to-face with the challenges of the untamed wilderness: wild white-water canoeing, heart-racing rock climbing, treacherous hiking and, after rigorous days, sleeping under a flimsy tarp without any plumbing within miles. All this uncharted action unfolded with cameras recording their every move for Discovery Channel's Outward Bound series. What pressure!***

***Why did these girls give up all their creature comforts—home-cooked meals and fast food, makeup, deodorant, showers, beds and closets full of clothes—for a down-and-dirty existence that was being taped for national TV? Venturing into the unknown, learning new skills and proving to themselves that they could conquer such a major undertaking were the big lures for these adventure-seekers. "I had gone camping before with my family, but I knew this was going to be a much bigger deal—something unique from what I'm used to," said Kelly. Quite the understatement.***

*Kelly, 16, New Jersey*

*Tara, 15, California*

### Jitters and Critters

Realizing there would be more to this trip than what the brochure let on, fear wasn't far behind the excitement this foursome felt. "It's a little scary knowing you're going to be with strangers for two weeks straight," said Jennifer. "You don't know if there will be anyone like you. And everyone judges you on first impressions, which don't mean a lot sometimes." At first sight, the group labeled Kelly "Princess," the type who would freak at the sight of a bug, but she proved them wrong. (She did lose it for a minute when she and Jennifer found a snake in their canoe.) By the end of the journey, Kelly was fearlessly leading the pack, without giving her bug bites, bruises and scrapes a second thought. And she motivated the others to keep on goin'.

Some emotional cheerleading was also sought for the rest of the group's worry-list: fears of heights, the dark, being left alone for the solo part of the trip, falling behind the others and not being allowed to give up. When anxieties ran high, Tara explained, "We all took turns getting frustrated, shedding tears and slowing down. When that happened, we would pull on that person and give them support. We were in it together. We accepted that everyone had their own breaking points."

### "Are We Almost There Yet?"

The long, steep hikes—with 35-pound backpacks stuffed with food, clothes and sleeping bags—were a test of individual limits for each of the girls. Making it even harder, the troops had to navigate on their own using a compass, a map and every bit of patience they could muster.

One of their most grueling hikes lasted until 2 a.m. Jasmine recalled, "Every time we found our way through the trees, we'd look for the top of the mountain and it wasn't there." Singing show tunes (like "Don't Cry For Me Argentina") helped block out exhaustion. When they finally arrived at the site, the work didn't end: They needed to set up camp, and if they wanted to eat, they had to get cooking, pronto.

continued

*Jasmine, 16, California*

*Jennifer, 15,*

## From their journals...

***"Today we went on a twelve-hour hike over two giant mountains. We came back exhausted. It was our second day, and we were already challenged."—Tara, day 2***

***"Today everyone woke up at 4:30 a.m. to hike up Table Rock Mountain. I knew if I put my mind to something, I could finish. I loved the feeling of pride I got when I did it."—Tara, day 4***

This page: Kelly, Tara, Jasmine, Jennifer photography/Kevin T. Gilbert.

### Mystery Menu

Meals came mostly from unmarked plastic bags of powder—powdered grits, pancakes, oatmeal and cheese (for mac and cheese)—that could only be deciphered by smell. "It was so much work to eat," said Jennifer. "I missed my microwave." Even so, the girls were amazed at what you could cook in the wilderness with only a few ingredients: veggie burgers, chicken and couscous, burnt spaghetti. Melvin, the designated cook on spaghetti night, wasn't paying attention, so "for the rest of the trip, everything we cooked in that pot tasted like burnt spaghetti," Kelly said. "The ultimate culinary treat on the trip were the M&M's we picked out of the trail mix."

### When Nature Calls

All that grub was bound to make them, well, "go." Since there were no toilets, the woods were their back-country bathrooms. When it was time, they snuck away, dug a 6-inch hole with a shovel, then covered it when they were done. For the most part, as Tara put it, "just like the cameras following us everywhere else, you get used to it and it becomes no big deal." Except for the time she was bitten by a tick on her rear. "My pride? Right out the window," she said.

### Up, Up and Oh No!

Tara regained her pride big-time when she aced rock climbing, the challenge she was most afraid of. "Just the fact that I was going to be up so high and would be putting my life in other people's hands and trusting them scared me," she said. "But I learned to trust from that experience. And the incredible view made it easier."

Jennifer had a harder time with the climbing. A "no-way" attitude—as in, "no way do I have enough upper-body strength to lift myself, and no way can I hang a million feet from a rope"—was her obstacle. "Whenever I would stop climbing up the mountain for a minute, panic set in and I'd break down," she said. But she had a major breakthrough 600 feet in the air. "Once I realized getting it together mentally was more important than my physical ability, I did it." She took her new can-do attitude and applied it to tackling the ropes course: "It was like walking on a shaking tightrope because the cameramen were accidentally making it bounce. But I stayed calm this time and got through it."

### Giving Back

After all the practice they'd had on some serious rockage, half of the group, Jasmine and Kelly included, became climbing teachers. Day five of the adventure was devoted to helping out the local community, and the new "instructors" helped handicapped adults learn to climb. "It was incredible how they wouldn't give up," explained Jasmine. "They inspired me." The other half of the group opted to be driven (what a luxury) to a wildlife preserve, where they cared for orphaned animals. They felt really rewarded, especially at the end of the day when the group was treated to tons of junk food.

### Just Me and My Shadow

For the next challenge, the nail-biting began again. It was time for "Solo"—40 hours alone in the woods without Gameboys or Walkmans, just a journal. They were given emergency whistles and sent their separate ways. The good side: Everyone caught up on zzzs. The bad side: Half the time they were too chicken to leave their sleeping bags! The usual nightly giggle fests took a vay-cay, and, left to themselves, their imaginations kicked into high gear.

Tara thought she heard mountain lions and bears. To cope with her fear, she played games, like counting lint on her pants. Jennifer wrote an eight-page letter to her family. "Like the clock at school, I tried not to watch the sun, so the time would go faster," she said. Jasmine dreaded this part of the trip, but wound up liking it the most. "It was a time when I could complete my thoughts. You never give yourself a chance to do that," she said.

continued

## from their journals...

***"Dinner was supposed to be nature burgers, but we grabbed the mix for hummus by accident. So it was hummus on tortillas tonight. Yuck!"—Kelly, day 9***

***"It's the morning after Solo, and I'm still alive! When I got back with the group, we realized we had really missed each other!"—Jennifer, day 8***

# "I LOST 20 POUNDS!"

## "When everyone saw me in my bikini, they couldn't keep their eyes off me!"

**"I lost 22 pounds. Now I feel good about myself – finally!"** *– Amber, New Jersey*
**"Thanks for helping me lose 13 pounds!"** *– Courtney, Wisconsin*
**"I lost 25 pounds. It really worked. Thank you!"** *– Lisa, Ontario*
**"My friend went from over 200 pounds down to 125. Now, I'm getting your product, too!"** *– Jen, Florida*
**"I've lost 10 pounds!"** *– Nikki, California*
**"All my friends are asking me what I did to get this body. I recommend you to them!"** *– Chasity, Illinois*

**Yes!** These are actual comments from our customers – girls just like you telling us about the exceptional, non-typical results they got with our amazing weight loss system! Super Shaper 2000 says you can:

### "Get the body you really want!

Yes! Now you can have the picture-perfect body you've always wanted, sooner than you think!

Now you can:

- ★ **Lose weight from all over your body,**
- ★ **get a prettier, shapelier bust,**
- ★ **have thinner, prettier, shapelier hips and thighs,**
- ★ **a thinner, narrower waist,**
- ★ **flatter, firmer abs and stomach,**
- ★ **thinner, more beautiful legs, and**
- ★ **firmer, shapelier buttocks!**

## Reshape your body!

Super Shaper 2000 is more than just a weight loss product. It's also a **total body improver** designed to **reshape your whole body.** So Super Shaper 2000 lets you shape up your arms, waist, legs and other areas, helping you make them **firmer and shapelier** – so that you can end up with the body that's **just right** for you!

## It works in just 14 days!

**As soon as** you put Super Shaper 2000 into action, it helps you **melt and get rid of excess calories and ugly fat,** so you end up with a thinner, firmer, tighter body. Meanwhile, more of the food you eat gets **automatically** turned into energy **(instead of fat)** through your body's normal metabolic process. Then, Super Shaper 2000 helps you decrease your caloric intake. Finally, Super Shaper 2000's **"Super Shaping Actions"** help you improve shape and firmness – **right where you need it! So you can give special attention to parts of your body** and give them **extra strong, extra fast** treatment.

## Starts working in 24 hours!

Best of all, you can feel the system starting to work for you during the first **24 hours.** That's how fast you'll know it started working for you!

## Safe, natural and healthy!

With Super Shaper 2000, there's **NO** starving yourself, **NO** unhealthy crash diets, nothing weird or dangerous. It's a **safe, healthy,** sensible way to lose weight.

Super Shaper 2000 is **completely safe** for girls of all ages. There are **NO side effects. NO unhealthy crash diets. NO long strenuous exercise. NOTHING chemical or artificial. NOTHING** that could hurt your body. Over 35 doctors have received it on a complimentary basis.Your doctor might be one of them!

## Nothing more to buy!

Super Shaper 2000 is a **complete system.** That means that once you get it, you won't have to buy anything more from us ever again! And, once you get the weight off, Super Shaper 2000 even shows you how to **stay that way (and continue to improve) – without having to buy anything else from us – ever again!** Instead, go to the mall and get that cute bikini you've always wished you could wear! Because **when you look in the mirror, you won't believe how good you look!**

Can you see it? Try to imagine how gorgeous you'll look. How your whole body can be slimmer, trimmer and cuter than you ever thought possible. Really picture it in your mind. It **can** happen to you!

100% safe and healthy. Just follow the printed directions that constitute the entire system. Now includes the diet and exercise you need to lose weight!

©1999 WLAR CO.

This summer can be the best summer of your life – a summer you'll always remember! Make sure you don't miss out on all the fun at the beach, parties, and at the pool!

And just imagine how good you'll look when school starts in September. Your friends might not recognize you when they see you!"

## Special 30-Day trial!

We're so confident about Super Shaper 2000, that **we want you to try it out** and see for yourself! That's how sure we are that you'll agree with the author's opinions quoted above. It's the only way to **prove to you** that Super Shaper is everything we say it is.

Go ahead – let Super Shaper 2000 help you **slim down, shape up and beautify your body.** Then, if you're not 100% satisfied, if you're not absolutely amazed by the system, you'll get your money back right away, excluding shipping. Plus, you'll even get to keep a **free gift** – just for trying out the system!

So it's all up to you. This summer, you can finally have a lot of fun at the pool in your cute new bikini. **We'll help make your dreams come true!**

## Do it now!

Here's all you've got to do. Fill out the coupon and send it to us with $15 plus $5 shipping (total $20.) (That's **the same low price** as another company's system.) We'll rush Super Shaper 2000 out to you **fast.** (For your privacy, the package won't say who it's from or what's inside.)

## Special Bonus!

We've put together some "Fun, easy exercises" you can do **in just 15 minutes a day.** You'll get them at no extra charge. And – you'll even get an awesome ...

## FREE GIFT!

The system includes "Super Shaping Actions" and a copy of **"Super Weight Loss Formula 2000" and "Formula 3000."**

These **FREE gifts** are yours forever; **even if you ask for your money back.**

So don't wait. **Don't miss out on having 1999 be the best summer of your life.** Do it now!

P.S.: Don't confuse us with other companies. We're the **only** ones selling Super Shaper 2000!

**Coupon gone?** No problem! Just send your name, address and $20 to: WLAR CO., P.O. Box 2245, Kensington, MD 20891
**Canada:** Send 30 Canadian dollars total. **Other countries:** US$25 total.

### SATISFACTION 100% GUARANTEED

Just try it first, and then decide. Try Super Shaper 2000 for up to 30 days. If you're not 100% happy with it, you'll get your money back right away, excluding shipping. Keep the FREE GIFTS even if you send back the rest of the Super Shaper 2000 system.

### SPECIAL 30-DAY TRIAL – RUSH SERVICE COUPON

WLAR CO. 47-S
Nicholson Lane
P.O. Box 2245
Kensington, MD. 20891-2245

Yes! I can't wait to get a great-looking body! Rush me the Super Shaper 2000 system right away! **Here's $15 for Super Shaper 2000, plus $ 5 for shipping (total $20.)**
If I'm not 100% satisfied in 30 days, I'll get my money back.
**Please PRINT very neatly** to make sure your package gets to you!

Name_____

Address_____

City_____ State_____ Zip_____

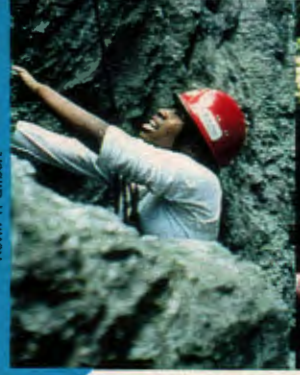
**Tell us how you want to look!**

I weigh _____pounds; I want to weigh_____
These are the parts of my body I want to change:

| | | |
|---|---|---|
| ❑ Face | ❑ Shoulders | ❑ Hips |
| ❑ Chin | ❑ Bust - bigger | ❑ Thighs (Inner) |
| ❑ Neck | ❑ Bust - smaller | ❑ Thighs (Outer) |
| ❑ Arms | ❑ Waist | ❑ Legs |
| ❑ Hands | ❑ Abs | ❑ Ankles/Calves |
| ❑ Back | ❑ Buttocks - bigger | ❑ Feet |
| ❑ Belly | ❑ Buttocks - smaller | ❑ Other_____ |

**Plus ... you also get:**

- ★ **FAST SHIPPING** – so you won't have to wait
- ★ **PRIVACY** – the package won't say who it's from or what's inside
- ★ **FREE GIFT** – Just for trying out the system
- ★ **SATISFACTION 100% GUARANTEED** – Try Super Shaper 2000 for 30 days, and if not 100% satisfied, you'll get your money back.



Kevin T. Gilbert

The North Carolina Outward Bound School

## Braving the Rapids

Talk about a great day. The gang reunited after their two-day solo retreats and geared up for white-water canoeing on the Chattooga River. They could forget about maps and compasses and, even better, have a chance to wash off some of the nine days' worth of wilderness grime.

Psyched to tackle the great white waves, the girls paired up and were ready for fun. As many of their challenges had been, this one was a major lesson in teamwork. "I'd tell Kelly to paddle right, she'd say paddle left, but in the end we just had to trust each other," said Jennifer. The trick, Kelly found out, was to pace yourself. "Your first reaction is to go fast, but you have to take time to plan a strategy."

Tara and Jasmine were equally determined to conquer the river. "We tipped over the first time we went down a waterfall," said Tara, "so we decided to go for it a second time. We lifted our heavy canoe over our heads and brought it back up the mountainside." The girls flipped over a second time but were proud of themselves for trying again.

## Battle of the Sexes

The group bonded like family—and feuded just like brothers and sisters. The tiffs were mainly guys against girls and vice versa. Jasmine blamed the butting heads on "guys trying to be macho."

Kelly, for one, got into petty arguments with Pete: "He always wanted to be the leader and insisted that a guy hike in between every girl in case she needed help. Well, by the end of the trip, the girls took over! While the guys were goofing off and getting tired, we used the map and compass and led the way." But all the minor battles were resolved before they became major blowouts. The group dealt with differences by sitting in a circle and getting everything out in the open. On the romantic front, there were no sparks. They were living a shower-free life, and no one wanted to go there.

## Graduation Gifts

After a final 3-mile run, the toughing it out was over. Each person now had to decide for themselves if they were worthy of graduating from the Outward Bound program. Based on their accomplishments and the lessons they learned, they all graduated—and revealed the most important things they would take home. In challenging herself, Kelly increased her comfort zone. As she explained, "The smallest circle in life is your comfort zone. It includes things that come easily, like walking. Then the circle around the comfort zone is your stretch zone. It's when you test your limits, like when we went rock climbing for the first time. The largest circle is the danger zone, when you're past your limit and lose control. That happened when people freaked out on the mountain and couldn't think straight. The idea is to stay in your stretch zone; the longer you're in your stretch zone, the bigger your comfort zone gets. That's what happened to me."

For Jennifer, Outward Bound was the biggest accomplishment ever: "I'm a skinny person, and I thought the strength to climb up a mountain or to hike with a heavy backpack had to be physical. But on this trip I found inner strength that pulled out physical strength. It doesn't matter how big your muscles are."

Jasmine won't take food, her family or a bathroom for granted again. "This whole experience made me appreciate everything, including nature, a lot more," she said.

Pushing herself through the hard times, Tara built confidence and self-esteem. "I think people come to Outward Bound not just to conquer that mountain but to conquer themselves, so in the end they can say, 'I can do that; I did it here and I can do it in real life. I don't have to be afraid!'" But Tara and the others admit they did have some trouble getting through one part of the trip: saying goodbye. "You've shared so much of your lives with these strangers, and you know you'll never see them again," she said. "You have a special bond with them that you don't have with your regular friends. It's something we'll have with us forever." T

*Go to www.teenmag.com to find out more about the Outward Bound experience!*

*Turn to the Discovery Channel to see these and other teens in action on the Outward Bound series. To find out how you can attend the North Carolina Outward Bound School, call toll-free 877/77-NCOBS or visit www.ncobs.org. For information about Outward Bound USA, call 888/882-6863 or visit www.outward bound.com. Outward Bound offers scholarships and loans.*

## From their journals...

***"I think it's cool that we've been each other's support system and have developed a bond where we all watch out for one another. I love spending nights around the fire, just talking and giving advice to clueless males in need."—Jennifer, day 7***

***"We are realizing that the Outward Bound experience is quickly ending. I'm sure we'll soon come to the conclusion that the tight group we've formed has truly transformed our lives forever."—Jasmine, day 11***

Green crocheted dress, $68, by Fu[illegible]. Crocheted patchwork scarf by Anna Kula. Beaded purse necklace by Dunitz & Company. Bracelets, by Sixth Alice.

# SCHOOL COOL

***TAKE A PEEK AT THE VERY BEST OF BOTH WORLDS FOR BACK-TO-SCHOOL FASHION: ROCKIN' RETRO STYLES AND ULTRAGLAM, ULTRAMODERN LOOKS THAT FIT YOUR EVERY WHIM. WANT BEAUTY? DON'T MISS SIX WHOLE PAGES OF AWESOME READER TIPS ON HAIR AND MAKEUP, AND LEARN TRICKS TO CHILL OUT WHEN THE HEAT'S ON!***

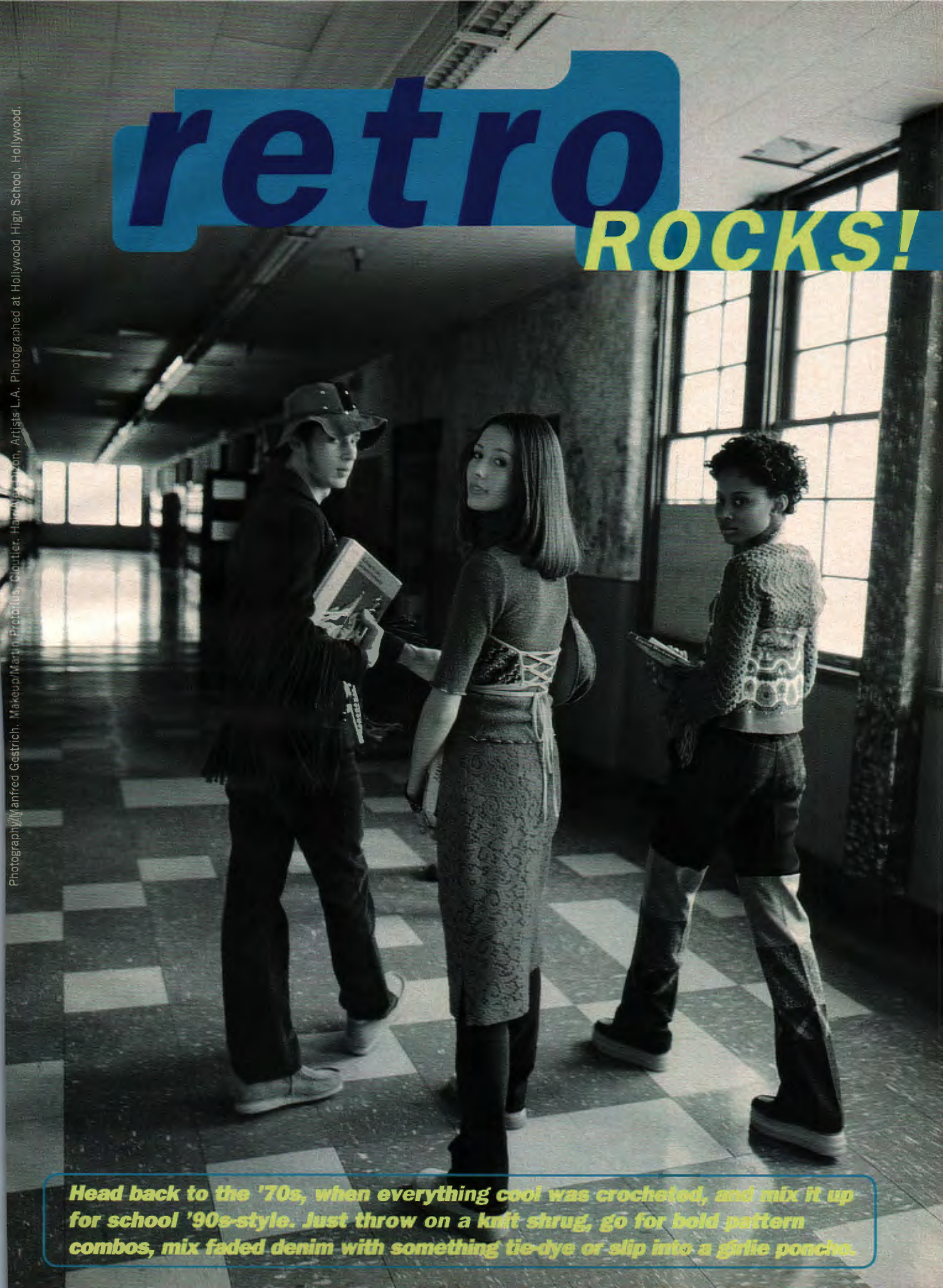
***Head Poncho***

*This page: Crocheted dress, $98, and poncho, $72, by Main Dish. Head kerchief by Tracy Watts. Daisy hair snaps by Funky Town. Beaded laureates by Elizabeth Errico. Fuzzy bracelet by Ugh.*

***The Layered Look***

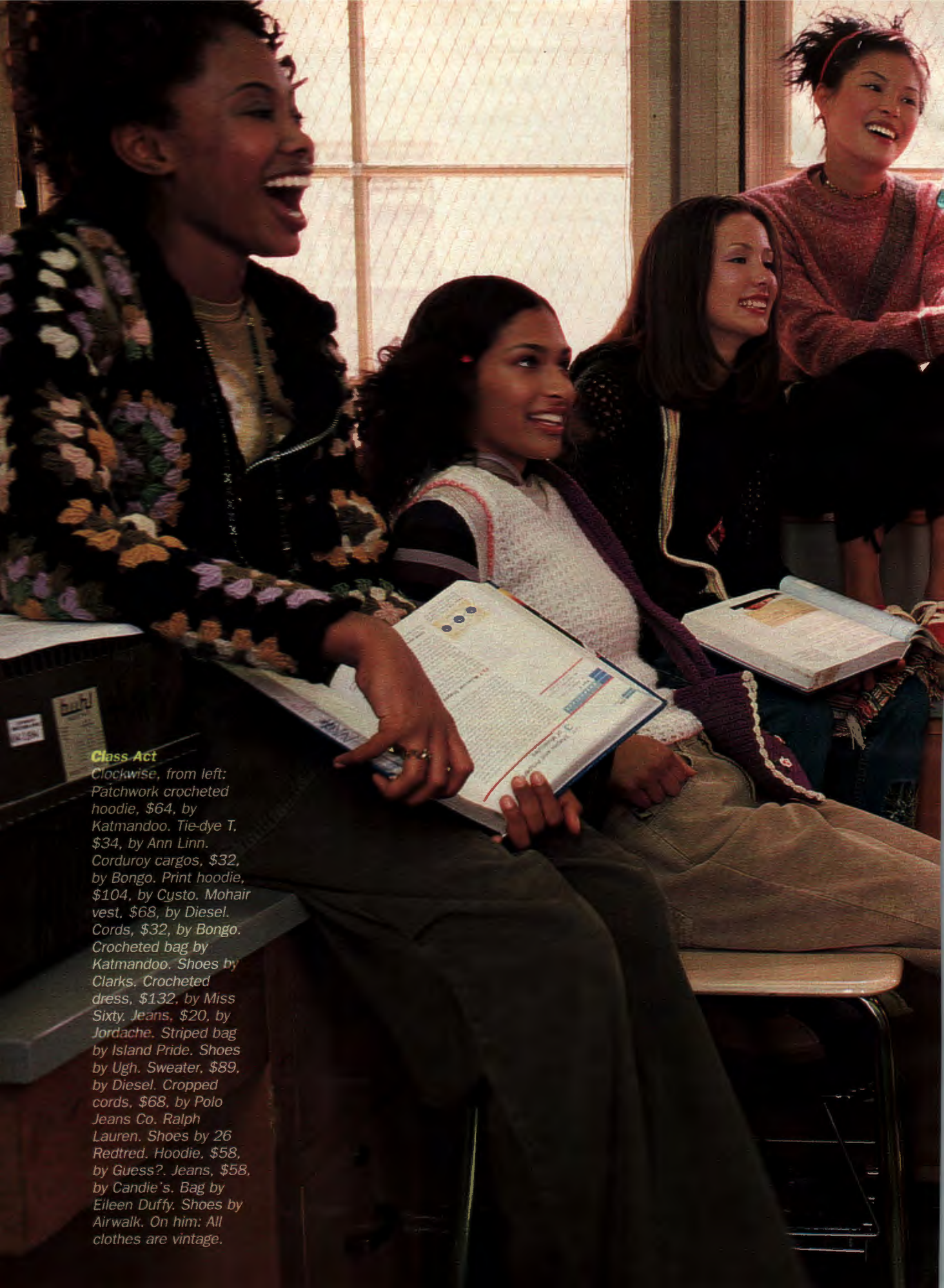
*Opposite page, from center: Fleece bouclé sweater, $34, and crocheted halter top, $28, by Joy & Margo. Crocheted skirt, $123, by Oililly. Jeans, $54, by Fubu. Purse by Noir. Beaded bracelet by Dunitz & Company. Shoes by Stone Ridge. Paisley wool halter top, $54, by Lady 7. Crocheted shrug, $35, by Rocket Baby. Patchwork wool pants, $140, by Miss Sixty. Shoes by 26 Redtred. On him: Vintage shirt and pants. Suede hat by South Bay Leather.*

# retro ROCKS!



Photography/Manfred Gestrich. Makeup/Martin Pretorius, Cloutier. Hair/Wyatt Wilson, Artists L.A. Photographed at Hollywood High School, Hollywood.

**Head back to the '70s, when everything cool was crocheted, and mix it up for school '90s-style. Just throw on a knit shrug, go for bold pattern combos, mix faded denim with something tie-dye or slip into a girlie poncho.**



***Class Act***
*Clockwise, from left: Patchwork crocheted hoodie, $64, by Katmandoo. Tie-dye T, $34, by Ann Linn. Corduroy cargos, $32, by Bongo. Print hoodie, $104, by Custo. Mohair vest, $68, by Diesel. Cords, $32, by Bongo. Crocheted bag by Katmandoo. Shoes by Clarks. Crocheted dress, $132, by Miss Sixty. Jeans, $20, by Jordache. Striped bag by Island Pride. Shoes by Ugh. Sweater, $89, by Diesel. Cropped cords, $68, by Polo Jeans Co. Ralph Lauren. Shoes by 26 Redtred. Hoodie, $58, by Guess?. Jeans, $58, by Candie's. Bag by Eileen Duffy. Shoes by Airwalk. On him: All clothes are vintage.*

CHEMISTR

**Mixed, Not Matched**
*This page: Handmade patchwork sweater, $140, by Ephrat. Print shirt, $60, by Custo. Sari skirt, $42, by Blue Plate. Necklace by Deluxe. Bracelet by Dunitz & Company. Bag by Eileen Duffy. Sneakers by Puma.*

**Do the Ruffle**
*Opposite page: Ruffled top, $120, by Anja-Flint. Denim skirt, $32, by Billy Blues. Bag by South Bay Leather. We made the choker from a piece of macramé.*

Welcome to
HOLLYWO HIGH
PERFORMIN CENTER

***The Real Deal***
*Vintage kid's poncho, $6, from our fashion editor Nicole's closet. Sweater, $68, by Polo Jeans Co. Ralph Lauren. Skirt, $38, by Ann Linn.*

*For fashion info, see Where to Shop.*

***Steps Ahead*** *From left: Tie-dye top, $36, by Ann Linn. Fake fur vest, $92, by 26 Redsugar. Denim skirt, $65, by Fiorucci. Bag by Triple 5 Soul. Boots by Frye. Crocheted sweater, $5, from Rag Machine. Scarf, $28, by Rocket Baby. Floral embroidered skirt, $44, by Blue Plate. On him: All clothes are vintage.*

# (chillout)

**Have summer temps brought on a beauty meltdown? Cool off with body treats to beat the heat. by Lauren McCann**

## tips to keep your summer cool

☛ Leave your perfume in the fridge for an icy spray of fragrance (a brisk pick: Demeter Mint Julep Pick-Me-Up Cologne Spray). Do the same with your lotion for an invigorating rubdown.

☛ Wear pastels and white. Black might look cool, but it's a major heat magnet.

☛ Eat your fave ice cream or mix a smoothie by blending fruit (strawberries and bananas are two great choices) with ice cubes or low-fat yogurt.

☛ Relax at the movies—the AC is always pumped up in theaters.

☛ Chew glacial gum like Dentyne Ice in Peppermint or Wrigley's Winterfresh Chewing Gum to keep your mouth frosty.

☛ Bring a thermos of icy-cold agua everywhere you go. Drink up to keep your body temp down and to stay hydrated.

☛ Grab a bunch of squirt guns and start an all-out water war with your buds.

Pamper yourself with refreshers like Osea Sea Plasma Refreshing and Moisturizing Mist, Davidoff Cool Water Woman Gel Fraicheur Tonique, Prescriptives Px Immediate Matte Skin Conditioning Tonic, $H_2O$+ Mint Ice Shampoo, Pond's Soothing Cucumber Eye Treatments and Perlier Fruit Gels Peppermint Lip Gloss. For the full chill-out guide, flip the page.

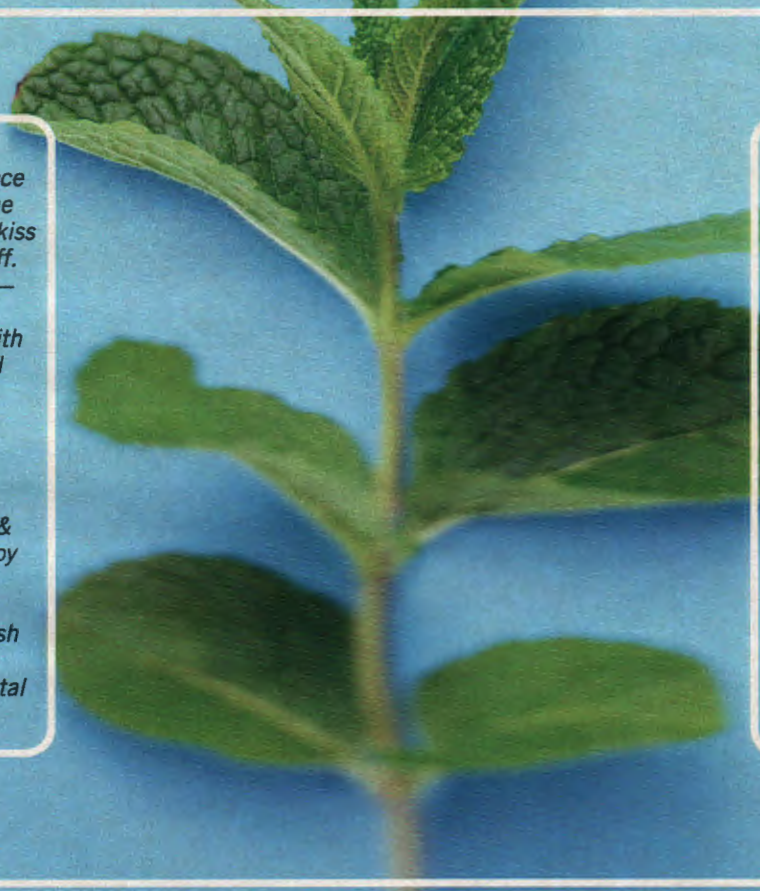
Photography/Manfred Gestrich. Makeup/Martin Pretorius, Cloutier. Hair/Alex Dizon, Artists L.A. Still photography/Randal Urbauer.

### tresses that tingle

*Chill your crown and you'll be surprised by how refreshed the rest of you feels. These shampoos and conditioners are loaded with cooling mint and menthol: $H_2O$+ Mint Ice Shampoo and Conditioner, Graham Webb Ice Cap Shampoo and Hypothermic Conditioner, Back to Basics Cool Mint Revitalizing Shampoo and Conditioner, Head & Shoulders Refresh and Aveda Rosemary Mint Equalizer conditioning rinse.*

### arctic orbs

*Keep your eyes from gettin' droopy with pick-me-ups packed with cucumber, ginseng and other refreshing stuff. Check out Pond's Soothing Cucumber Eye Treatments (trick: stash the jar in the fridge for a real surge), BeneFit Eye Lift, Origins Eye Doctor and Prescriptives Px Quick Remover for Eye Makeup. Another cool move: Sport a chilled mask like The Body Shop Cosmetic Eye Mask.*



### polar pout

*There's a time and a place for hot lips, but when the temp is sizzling, a cold kiss could knock his socks off. Cool your pout (literally—this stuff actually chills your lips and breath!) with the Healing Garden Cold Comfortherapy Tender Lasting Care Lip Balm, Perlier Fruit Gels Peppermint Lip-Gloss, Elizabeth Arden Lip Lip Hooray SPF 15 or Tony & Tina Herbal Aromatherapy Balm in Energy Boost. For the most kissably fresh breath going, brush your pearly whites (and tongue) with Colgate Total Fresh Strip Toothpaste.*

### body boosters

*Revitalize your hide with sprays (like Perlier Aromatic Body Spray), tonics (try Davidoff Cool Water Woman Gel Fraicheur Tonique) or mists (like Osea Sea Plasma Refreshing and Moisturizing Mist or Burt's Lavender Complexion). You can bring the chill factor up a notch by storing them in the fridge. If you've baked your bod—and we really hope you haven't—soothe skin with an aloe-packed cream or gel (try Bath & Body Works After-Sun Shimmer Spray, Banana Boat Aloe Vera Spray Gel or Crabtree & Evelyn Aloe Vera Body Lotion).*

### frosty face

*Use mint to help keep your face fresh during a scorching summer. Start off by cleaning with a mint wash, like BeneFit Fantasy Mint Wash, then follow up with a mint mask, like Queen Helene Mint Julep Masque (to order, call 800/ASK-SALLY). Start the day with a cool attitude and a splash of Prescriptives Px Immediate Matte Skin Conditioning Tonic—it's loaded with peppermint to help fight shine.*

### sole soothers

*There are loads of ways to refresh feet: Take your pick from gels (like Icy Foot Gel; to order, call 800/ASK-SALLY), lotions (like The Body Shop Peppermint Foot Lotion or $H_2O$+ Smoothing Mint Foot Rub) or sprays (like Bath & Body Works Peppermint Foot Spray or Kneipp Herbal Foot Spray). You can also go the traditional route and dunk tired tootsies in a bucket of icy $H_2O$ for quick relief.*

# hi tech

***Fall fashion is lean, clean and ultramodern. All you need is a muscle T with a shot of neon and a shiny nylon skirt with toggles. If you wear a school uniform, update it with a silvery vest or an iridescent pair of Birkenstocks. And white is so right—it's the newest shoe hue.***

*The new uniform: White shirt (we cut the sleeves), $10, by French Toast. Silver vest, $25, by Gap Kids. Skirt, $42, from Mini by X-Large. Trainers by Acupuncture.*

*This page: Muscle shirts rock—if you have an old summer T, just snip off the sleeves. Mesh tank, $36, by Tripp N.Y.C. Iridescent skirt, $38, by Tag Rag. Safety ribbon bracelet by Sarine Shehebar. Bungee cord ankle bracelets by Cool Stuff. Silver clogs by Birkenstock.*

*Opposite page: Knee-length, nylon stretch skirts groove with your moves. Muscle tank with mesh cutouts, $26, by Dollhouse. Stretch skirt, $38, by Paul Frank. Flashing bracelet by Hotel Venus. Trainers by Acupuncture.*

Photography/Mike Ruiz, Visages. Makeup/Thom Ruiz. Hair/David Gardner, Profile. Photographed at Miauhaus Studios.

*This page: Trainers to dye for—the coolest combo of fashion and function. Thermal tank with Velcro straps, $25, by Greed Girl. Skirt, $37, by Aziz. (We made the choker out of an old shoelace!) Trainers by Puma.*

*Opposite page: Make a statement with simple lines and notice-me styles. Red skirt over skirt, $46, by Tripp N.Y.C. Belt bracelet by Sarine Shehebar. Sheer knee socks by Hosiery Network. Mesh and Velcro loafers by David Aron.*

*For fashion info, see Where to Shop.*

1)
*Speed-dry nail polish by dippin' your tips in a bowl of ice water.*
*—D.N., 16, N.Y.*

# (45)

## BEST BEAUTY SECRETS

***We asked, you answered. Read on for tricks and tips from readers' own lips. By Dorothy Nelson***

**2)** *Soften your hair wax by blasting the container with a blowdryer. —S.A., 17, N.Y.*

**3)** *To keep lipstick off your teeth, put your finger between your lips, pucker up and pull out.—B.Q., 12, Tenn.*

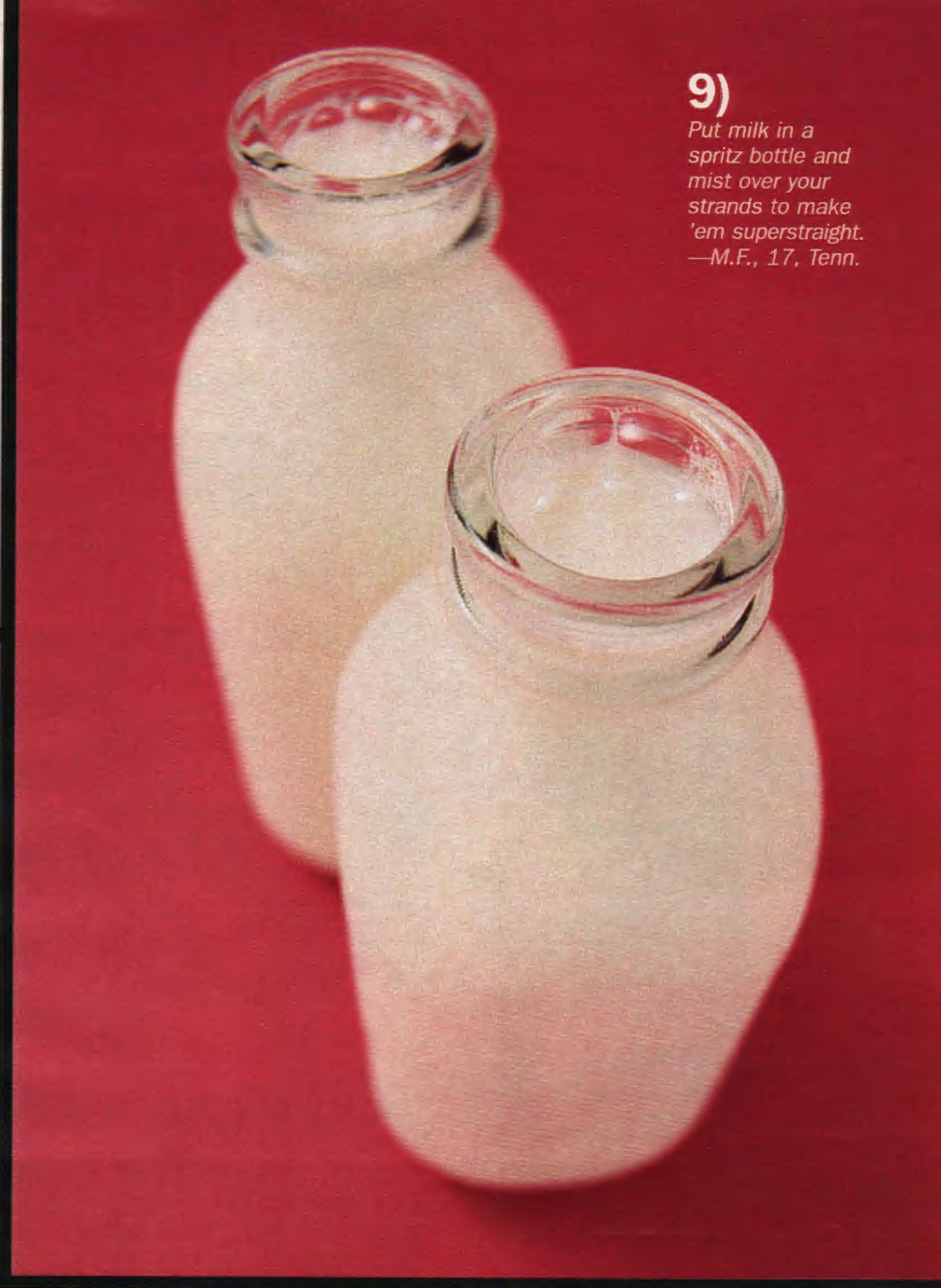
**4)** *Use an SPF lip balm under your lipstick for extra sun protection. —M.B., 17, Kan.*

**5)** *You can make your lipstick last longer by first dusting your lips with a loose powder.—J.H., 13, Texas*

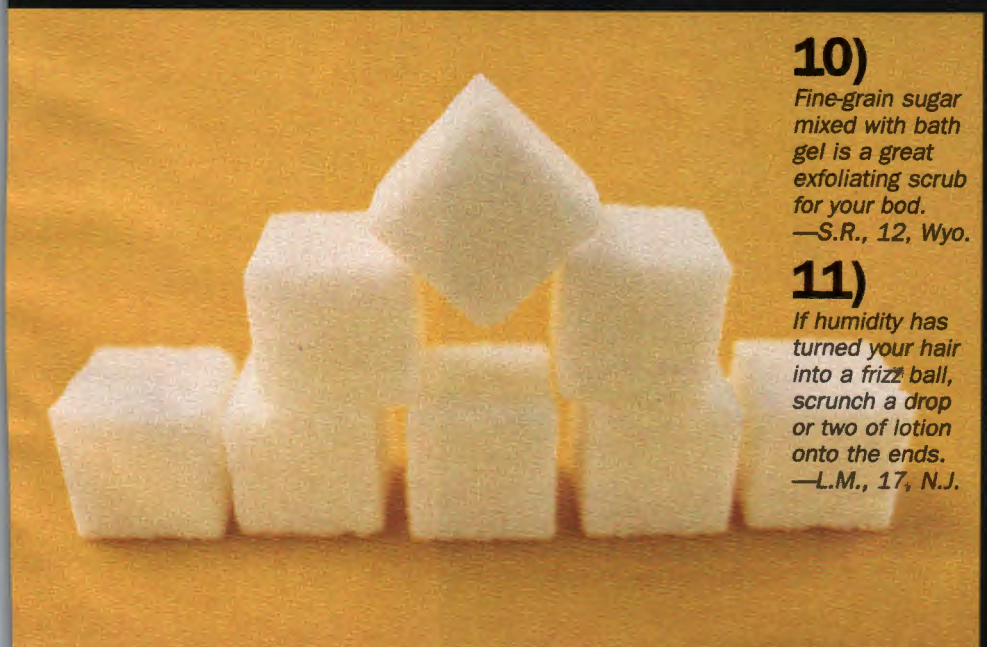
**6)** *Tone down pimple redness by putting a potato slice over the spot for 10 to 15 minutes.—K.H., 16, Ariz.*

**7)** *For a tress treatment, massage conditioner into your strands and cover your hair in plastic wrap. Then wrap a warm towel around your head for 20 minutes.—D.Y., 13, Colo.*

**8)** *Add flair to your hair with a flower from your garden. Just attach it with a bobby pin.—C.R., 15, La.*



**9)** *Put milk in a spritz bottle and mist over your strands to make 'em superstraight. —M.F., 17, Tenn.*



**10)** *Fine-grain sugar mixed with bath gel is a great exfoliating scrub for your bod. —S.R., 12, Wyo.*

**11)** *If humidity has turned your hair into a frizz ball, scrunch a drop or two of lotion onto the ends. —L.M., 17, N.J.*

**12)** *Stop flyaways fast by brushing stray hairs with clear mascara. —K.K., 15, Minn.*

**14)** *To cure dry lips, massage your kisser with a soft toothbrush. —G.T., 18, Ind.*

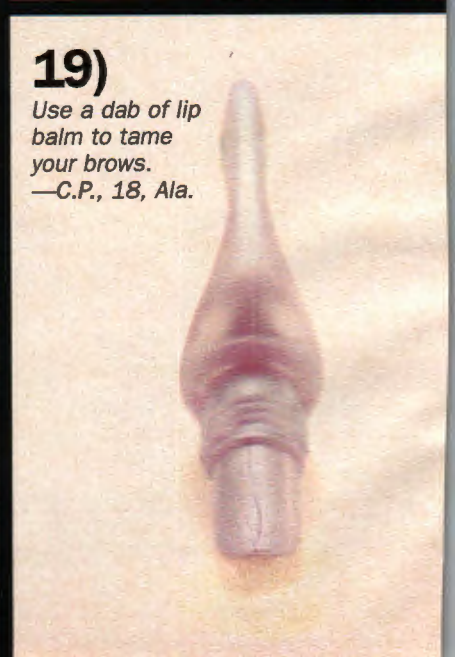
**15)** *If you've run out of concealer, just dab skin-colored eyeshadow on any blemishes.—M.H., 13, Ill.*

**16)** *Add a little curl to your lashes by holding the mascara wand at the tips of the lashes for a few extra seconds.—L.V., 15, Mich.*

**17)** *Your powder eyeshadow will stay put if you lightly coat your lids with foundation first.—G.G., 14, Del.*

**13)** *Get rid of hair greasies by rubbing baby powder into your roots. (Caution: use just a little, 'cause too much will look like dandruff.) —L.D., 16, Mo.*

**18)** *Gently run a cotton swab over your lashes before your mascara dries to banish clumps. —E.C., 14, Conn.*



**19)** *Use a dab of lip balm to tame your brows. —C.P., 18, Ala.*

**20)**
*A smear of honey can cure dry, flaky skin.*
*—J.L., 13, Ohio*

**21)**
*To lock in your lip color, rub an ice cube on your kisser for about 20 seconds.*
*—R.D., 14, Canada*

**22)**
*If you've got long hair, put it in big braids before you go to bed and your tresses won't be tangled in the morning.*
*—K.D., 14, Mich.*

**23)**
*Blend eyeshadows to make a new color, or mix them with clear gloss for a one-of-a-kind lip shade.*
*—M.M., 16, Ohio*

**24)** *Crumble an iridescent eyeshadow and blend with a bit of baby oil to make the perfect body shimmer. —H.P., 18, Ind.*

**25)** *Remove your lipstick quickly by swiping a cotton ball soaked with moisturizer over your pucker. —T.G., 15, Md.*

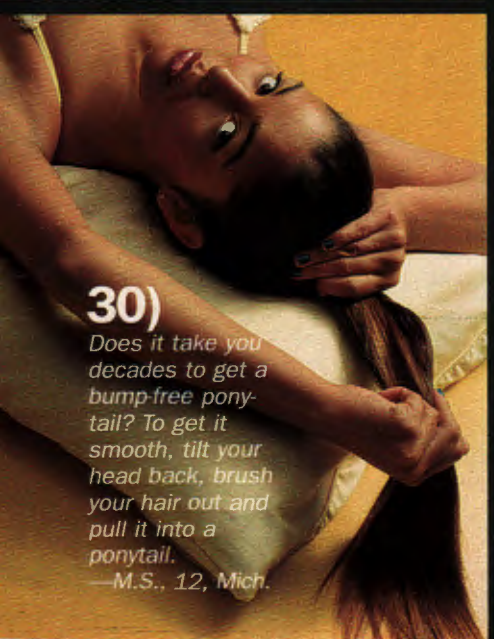
**26)** *If your shampoo doesn't smell too sweet, spray some perfume on your brush and comb it through your hair.—M.M., 15, Ark.*

**27)** *Use a thick moisturizer as a shaving cream.—J.L., 12, N.Y.*

**28)** *For a fresh glow, brush a little blush on the apples of your cheeks and across the bridge of your nose.—H.D., 14, Ind.*

**29)** *Massage your cuticles with olive oil before you do an at-home manicure.—E.S., 15, Wis.*

**31)** *Want glossy eyes for a night on the town? Dab Vaseline on your lids and lashes. —S.M., 12, La.*



**30)** *Does it take you decades to get a bump-free ponytail? To get it smooth, tilt your head back, brush your hair out and pull it into a ponytail. —M.S., 12, Mich.*

**32)** *To make your nails look longer, paint the tips with white polish, then top nails in a soft shade.—C.D., 15, Neb.*

**33)** *If your hair ties have disappeared, make your own by cutting off the neck of a balloon. —D.E., 16, Md.*

**34)** *Have you run out of lipliner? Just use a neutral or beige eyeliner instead.—L.R., 13, Kan.*

**35)** *Punch up a small pout by tracing the edges of your lips with liner and dabbing gloss on your lower lip.—S.S., 12, N.Y.*

**36)** *Get scene-stealing eyes by lining the top of your lids with white liner. —G.G., 13, Ga.*

**37)** *Blend a bit of glitter in your fave nail polish for a sparkly finish.—N.M., 12, Nev.*

**38)** *Color-coordinate your make-up by using a brown or berry shade of lipstick as a cream blush and shadow.—M.S., 13, Calif.*

**39)** *To make a big nose look smaller, dust a light brown shadow on the sides.—T.M., 17, Conn.*

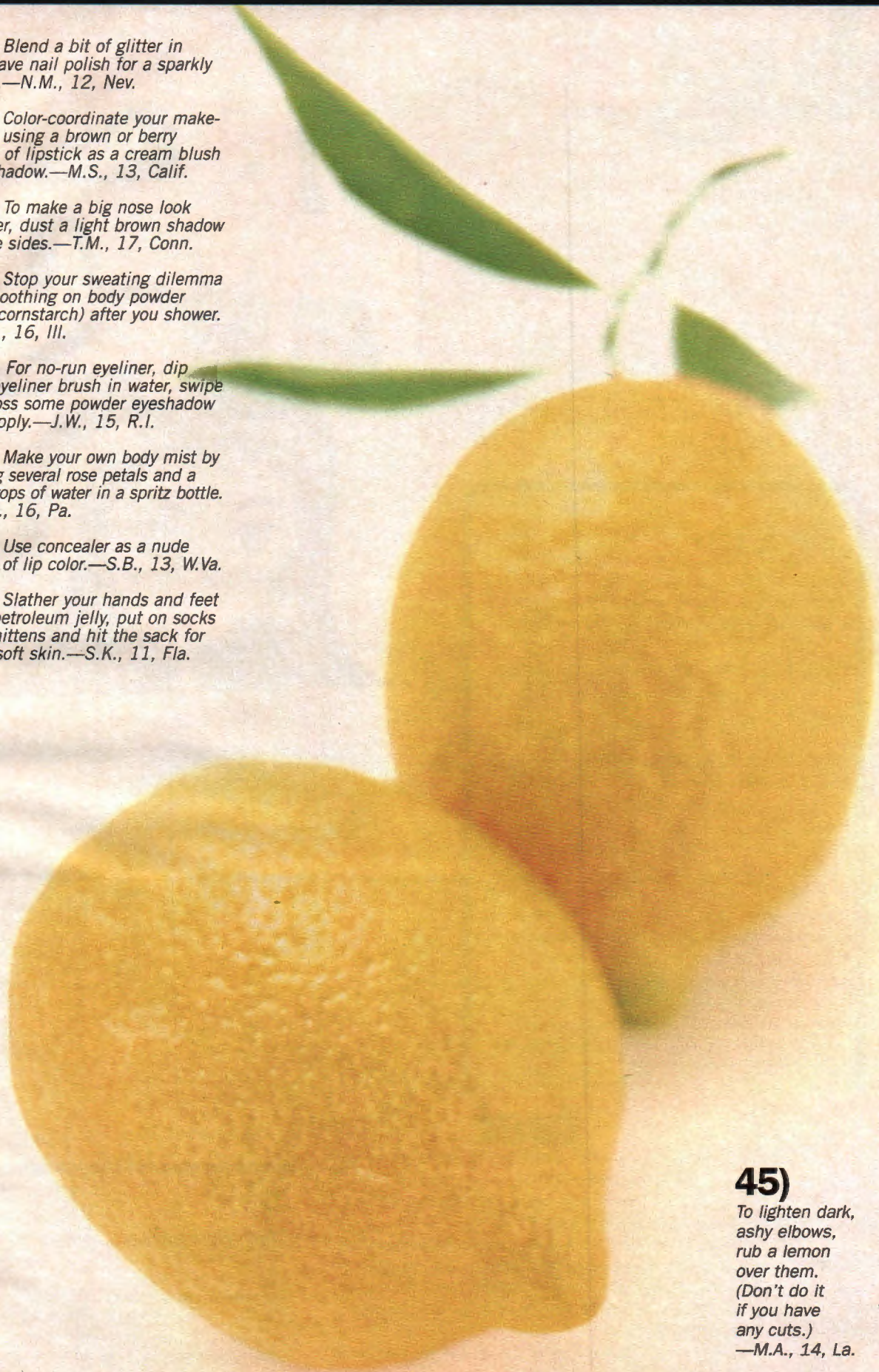
**40)** *Stop your sweating dilemma by smoothing on body powder (with cornstarch) after you shower. —T.K., 16, Ill.*

**41)** *For no-run eyeliner, dip your eyeliner brush in water, swipe it across some powder eyeshadow and apply.—J.W., 15, R.I.*

**42)** *Make your own body mist by mixing several rose petals and a few drops of water in a spritz bottle. —S.S., 16, Pa.*

**43)** *Use concealer as a nude shade of lip color.—S.B., 13, W.Va.*

**44)** *Slather your hands and feet with petroleum jelly, put on socks and mittens and hit the sack for supersoft skin.—S.K., 11, Fla.*



**45)** *To lighten dark, ashy elbows, rub a lemon over them. (Don't do it if you have any cuts.) —M.A., 14, La.*

*For even more tips, log on to www.teenmag.com!*

Photography/Dominick Guillemot. Makeup/Natalie Miller, Cloutier. Hair/Ian James, Cloutier. Photographed at 5th & Sunset Studios West. Still photography/Randal Urbauer.

# pixelle's world

## PIXELLE SHOWS YOU HOW TO SOLVE LIFE'S EVERYDAY PROBLEMS WITH TODAY'S TECHNOLOGY.

### her prob

I've been working almost every day at the coffee bar until closing. So by the time I throw in my apron, clothing stores aren't open. With school right around the corner, how can I shop for new threads before classes start?

### the solution

Late at night, like on a Sunday when the *X-Files* is a repeat, I log on and shop online (without a credit card).

### the details

Only a couple of sites get that girls our age usually don't have credit cards. **Icanbuy.com** has rigged it so that my parents can put an "allowance" into my own online account; then I can shop for clothes, like stuff from Moxie Girl, whenever I have free time. **DoughNET.com** lets me set up my own bank account online (with my parents' permission). Then as I buy things online, the amount of my purchases from Delia's and other cool companies gets deducted from my account. So all that money from making lattes will be put to good use! Delia's also has a "wish list" function (so does **alloyonline.com**) that lets me pick what I like. Then I can e-mail my list to Mom and cross my fingers that she'll agree to buy me most of it.

**Girl Games makes interactive entertainment for teen girls, including the cool Web site www.planetgirl.com. You can write Pixelle c/o Girl Games, 221 E 9th St., Suite 302, Austin, TX 78701, or e-mail her at Pixelle@planetgirl.com.**

## readerroadtest

***What it is:*** **Friend.link**, a key chain–like gadget, lets you send private messages to your friends and public "broadcasts" to anyone within a 25-foot radius who has friend.link. You can also type in your interests, and it'll beep when someone nearby has input similar interests.

***Review:*** "I had to read the instructions over and over to figure it out, but once I got the hang of it, I thought it was pretty easy to use. I liked the design and fortune-telling feature that gives you answers about the future. Instead of passing notes, I used friend.link. The only problem was the messages had to be kept short."—Summer B., 17, Texas

***Where to find it:*** Try toy stores, like Toys "R" Us and Kay Bee Toys, and discount retailers, like Wal-Mart. It costs about $20.

## fashion statements

### COOL SITES TO CATCH THE HOTTEST FALL TRENDS

***Teenmag.com:*** Who's better qualified than the editors of *Teen* to clue you in to the latest and greatest?

***Girlshop.com:*** Here's a fab place to window shop (it's a little pricey). It'll get you on track with what's cutting edge.

***Fashiontrip.com:*** Click on "girls gotta get it" in their Style File section and you won't be steered wrong.

Illustration/Bee.

## Hot Oil Shower Works

Get your hair back in shape for school with **V05 Hot Oil Shower Works**, one minute once a week for dramatically stronger, more beautiful hair.

## Eastpak Jammer

Look cool up and down the halls! **Eastpak** rocks with this new music-compatible backpack, featured here in orange/black. Check it out at **www.eastpak.com.**

# the next big thing

*Don't fall behind! Check out these latest finds.*

## Gillette For Women

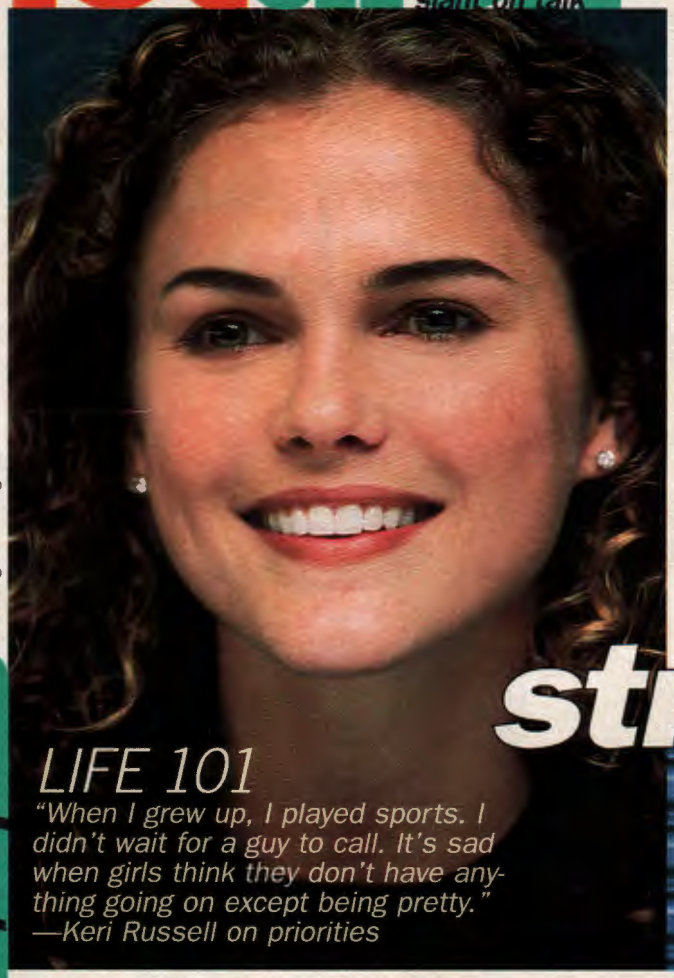
Have great legs during and after class with **SensorExcel!** No other razor leaves you smoother. **www.GilletteGirlz.com**

## Focus Soft Contact Lenses

Back to school in eyeglasses? No way! For a free trial pair of **Focus Soft Contacts**, call 1-800-720-3081. www.focuscontacts.com

# hotdish

slant on talk



Theo Kingma/Shooting Star

## LIFE 101

*"When I grew up, I played sports. I didn't wait for a guy to call. It's sad when girls think they don't have anything going on except being pretty."*
*—Keri Russell on priorities*

Chris Buchanan

# street style

THIS STYLIN' SHOPPER'S FUN SENSE OF FASHION CAUGHT OUR EYE ON L.A.'S MELROSE AVENUE.

***label lowdown:***
***"I got this top from Forever 21—it's my favorite place to shop. My watch is by Baby G, and I got these Paris Blues superbell jeans at Macy's."***

***fave trend:***
***"I really like mid-calf, loose-fitting pants and alternative, asymmetrical cuts like this shirt."***

***dead-end trend:***
***"I'd never wear a cargo skirt with a drawstring bottom. The cargo pocket thing is on the way out."***

***can't live without:***
***"My gray Banana Republic tank top—it's kind of sheer, and I can wear it with everything."***
***—Alana L., 17***

## he says/she says

IS VIOLENT BEHAVIOR MORE ACCEPTABLE FOR GUYS THAN GIRLS?

### he

*"In society, it's more accepted that guys stand up for themselves when they get made fun of, because if they don't fight back it shows that they're vulnerable."*
*—Anthony C., 17*

*"Violence is something we're taught. Guys are taught to stick up for themselves with their fists, and girls are taught to use their mouths."*
*—Aaron T., 14*

### she

*"It shouldn't be, but it is. If girls have a problem with something, they'll talk about it to resolve it, but guys would rather be macho and fight about it."*
*—Mary R., 15*

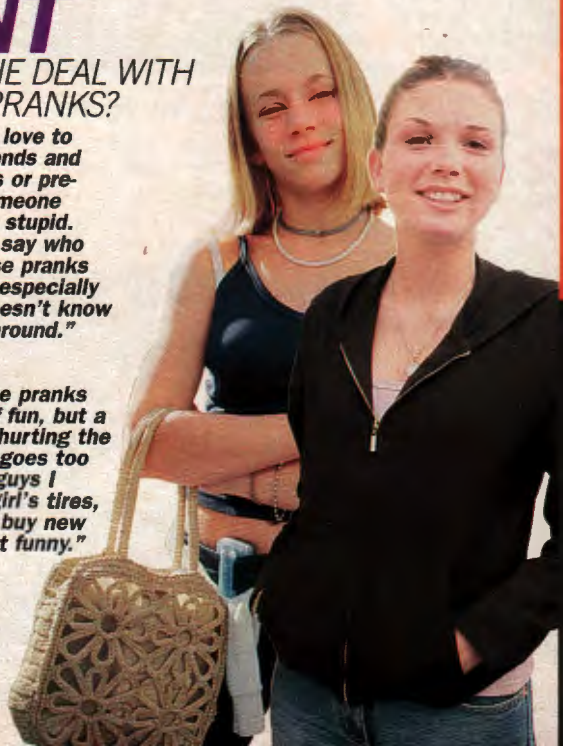
*"I don't think so, because there's no excuse for violence. I think guys turn to violence quicker than girls do. They might be more prone to it, but they can always work around it."*
*—Briana S., 16*

## SLANT RANT

WHAT'S THE DEAL WITH PULLING PRANKS?

***"People always love to call up their friends and make up stories or pretend they're someone else. But that's stupid. You should just say who you are, because pranks are immature—especially if the person doesn't know you're playing around."***
***—Eniko P., 14***

***"There are some pranks that are kind of fun, but a lot just end up hurting the person when it goes too far. Like these guys I know cut this girl's tires, and she had to buy new ones. That's not funny."***
***—Loryn B., 18***



## complete this sentence

IF SCHOOLS ELIMINATED LOCKERS...

*"...it would be a pain to have to carry everything around. I play the cello, and it's already a struggle for me to carry both my bookbag and my cello. Without lockers, I would die!"*
*—Christel V., 13*

*"...I would learn to live with it. My high school doesn't have lockers. I would love to have one, but stupid people like thieves and people who store liquor and drugs in their lockers have to go and ruin it for everybody else."*
*—Theresa D., 16*

*"...it would take away students' right to privacy. Teachers and principals have places for their stuff, so why shouldn't we?"*
*—Jessica B., 13*

# the next big thing

*You can't start school without them.*


**Tune In To Passions**
Set your fantasies ablaze with *Passions*, the fiery daytime drama on NBC. Be there from the start!
www.NBC.com/passions

**Young, Loud and Skinny!**
After school, listen up! MTV's Jesse Camp resurrects rock 'n roll on his new album *Jesse & The 8th Street Kidz.*
www.jessecamp.com

**Too Too Fresh!**
This fall, check out these two new yummy fragrances from JUICE BAR—zingy Grapefruit Freesia and clean Pink White Musk, 8 oz for $6.50 by Parfums de Coeur.

**dELiA*s**
Good stuff comes to those who click shop
www.DELIAS.com.

# hotpage

*slant on stuff*

slant

## hot chopper

*Keep your papers in order with this adorable Urban Station stapler ($6.50) that'll make you grin like a gator. It's the perfect accessory for your pack or desk.*

## hot pad

*Monkey makes the coolest mouse pads ($12 each) you've ever seen—we could have filled this entire page with all the cute ones we discovered! Check out www.mirrorimage.com/monkey and you'll go ape over 'em.*

## hot erasers

*Can you believe they're erasers? These scrumptious little guys by Lisa Frank ($1.99 a pack) look good enough to eat!*

## hot filofax

*Paul Frank (above) is one of our favorite designers, and he was cool enough to make this special back-to-school Filofax for us ($36). Paul's sending his mascot Julius to the big hunk of cheese in the sky for the 30th anniversary of the first man landing on the moon.*

## hot binder

*Thanks to Avery, you can keep your favorite mementos with you wherever you go. Just stuff all your treasures—pics, stickers, whatever—in the clear pockets on this binder ($7.99) to keep you smilin' through your school day.*

## hot pack

*Store all your school gear in a teched-out backpack by Juice Planning ($48). The Pack to the Future has a zillion compartments for pens, notes, an organizer, books and anything else you need to tote.*

## hot telmail

*Send and receive e-mail from any phone with this cool organizer by Sharp Electronics ($149). It slips into your pocket and has tons of get-organized features like an address book, a schedule and a memo function. So now there's no excuse for missing choir practice or showing up late for dinner.*

*Five lucky girls will win one of these organizers! See page details.*

Still photography/Delbert Garcia.

# Look into her eyes...

Right now there is a little child overseas who needs a caring person like YOU...

...a sponsor who will help provide her with a few basic things, such as medical care, emergency food and educational assistance.

And now you can find out how to be that sponsor – with no cost and no obligation. Just ask for your FREE Children International® Sponsorship Kit. You'll get a color photograph and personal history of one special child who needs your love...plus information about your child's country and complete details about being a sponsor.

Johana – Honduras 12/98

# ...and listen to your heart.

Of course, if you can say "yes" to sponsorship right now, that's great. But if you want to know more first, just say "Maybe" and we'll send your FREE information kit with your child's photo. You can look into the eyes of your child...

...and if your heart tells you it's the right thing to do, you can become her sponsor for just $12 a month. To a family living on an income of as little as $2 a day, your monthly sponsorship can help provide so much – benefits like medical care, clothing, emergency food, educational assistance, help for the child's family, and much more.

As a sponsor, you'll feel wonderful. You'll get letters from your child, updated photos, a chance to send birthday and holiday cards, and a sponsorship newsletter. But your information kit will tell you the full story...and will answer all your questions.

After all, your information kit is FREE. There's no cost and no obligation. Just check the "Maybe" box in the coupon and choose the details of the child you are interested in. Then mail it today. Or call the toll-free number to the right.

**Free Information Kit**

## Follow your heart...
## Ask for your FREE information kit today

**Just mail this coupon now for the name, photo and personal history of one loving child who needs you. It's yours FREE – with no cost or obligation of any kind.**

❑ YES. I want to sponsor a child now. I am enclosing my first monthly gift of $12.

Just take a look first ... then decide.

❑ Maybe. I want to know more before I make my decision. Please send my FREE Sponsorship Kit, with the photograph and personal history of a child who needs my help. I understand I'm under no obligation of any kind.

I would like a: ❑ boy ❑ girl ❑ either

❑ Choose a child who needs my help most from your "Emergency List."

OR, I prefer to sponsor a child in:

❑ Chile ❑ Colombia ❑ The Dominican Republic ❑ Ecuador
❑ Guatemala ❑ Honduras ❑ India ❑ The Philippines

Name _____

Address _____

City _____ State _____ ZIP _____

Telephone ( ) _____

❑ Please send me your current Annual Report with my free kit.

Please mail this coupon to:

**Children International**

James R. Cook, President

2000 East Red Bridge Road, P.O. Box 419413, Kansas City, MO 64141

k3n5

A worldwide organization serving children since 1936. Gifts are U.S. income tax deductible. Financial report readily available upon request.

Return this coupon TODAY. Or for faster service, call toll free NOW.

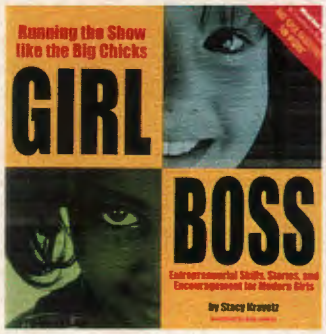
**1-800-385-6363**

The information is FREE. No cost. No obligation.

# what's up

*slant on your world*

slant




## NOW READ THIS!

**Girl Boss**
*by Stacy Kravetz*
*Ah, the long, lazy days of summer are here and you're...bored out of your mind. Well, don't mope—start your own business! This book has all you need to know to turn your talents into a money machine. With words of wisdom and success stories from real-life girl bosses like Dinah Mohajer, founder of Hard Candy, and Laura Groppe, creator of Girl Games, this easy read will inspire you. Available at bookstores everywhere for $15.95. For more info, log on to www.girlpress.com.*

## IF YOU DREAM...

**it could mean**

***About a burial...***
*you're burying some feelings instead of confronting them. There may soon be an ending in your life, but in a good way: You'll say buh-bye to something—or someone—that's been dragging you down.*

***About a birth...***
*you're feeling rejuvenated by new ideas, a new relationship or a new stage in life. A multiple birth means you could come into some cash, but you might have to work hard to get it.*

# road trip

***This month we travel to Washington, D.C., to see what's hot and happenin'. D.C.'s definitely the place for all things political, but it's about a lot more than makin' (and breakin') laws. The major summertime hangout is the Mall—and we're not talking shop. In our nation's capital, the Mall is the area surrounding the Washington Monument, and it's always packed with people having picnics and playing volleyball. Even Hollywood knows D.C.'s hip-factor. Check out the location for the flick Dick, with Kirsten Dunst and Michelle Williams (above).***

***slang slant***
*"Siced" = psyched*

*"Kirked out" = when someone goes off on you*

*"Get spicy" = get an attitude*

***hot in D.C.***
*necklace key chains*
*TLC*
*pedal pushers*
*lip piercings*
*karate shoes*

***cold in D.C.***
*platform shoes*
*body glitter*
*hard-core rap*
*red or pastel nails*
*nose piercings*

# newsbytes

***cellulite solution?***
*Cellasene, an herbal supplement touted by its makers as a cure for cellulite, has hit drugstores in the U.S....with a hefty price tag. In a study by the manufacturers, 90 percent of users reported good results after eight weeks. But only 90 people were tested—hardly enough to know if they've struck gold.*

***society's ills***
*Of 3,000 students between the ages of 12 and 19, close to 60 percent believe selfishness is society's worst problem, followed by disrespect for the law (52 percent), wrongdoing by politicians (48 percent), lack of parental discipline (47 percent) and courts that neglect victims' rights (45 percent).*

***renegade records***
*Fifteen-to-24-year-olds were responsible for about a third of U.S. music sales in 1997, but the buying trend could end if illegal Web-distributed "MP3" music downloads continue. Buyer beware: The No Electronic Theft (NET) Act mandates piracy penalties as high as $250,000 and three years in prison!*

***teacher technophobes***
*The Department of Education says too many teachers (one out of five) aren't techno-savvy enough to teach computer skills—even though more than half of U.S. classrooms are connected to the Internet.*

Illustration/Sara Schwartz.

# the rules... of pools

*ANY GIRL CAN RULE THE WORLD IF SHE FOLLOWS...THE RULES*

***1/*** *Bask, don't bake. A straight-from-the-sun tan might seem cool but is so not worth the risk of skin cancer (or premature wrinkling and skin discoloration). Always use sunscreen!*
***2/*** *Respect swimmers' rights. There's room for everyone at a community center or country club pool. Some people go to socialize, others go to exercise, so don't be a lane hog to someone who's stroking for fitness.*
***3/*** *Don't be pool cruel. Throwing people in who don't feel like a dip or getting ultracompetitive or fierce during a game of chicken can really wreck a pool party. (Remember to read this rule to the guys!)*
***4/*** *Get wet. The pool isn't the place to be if you don't wanna ruin your hair or makeup. Lighten up, live a little and make a splash.*
***5/*** *Think safety. Resist the urge to run on slick surfaces, respect diving restrictions, get some basic training about what to do in an emergency and if you're baby-sitting poolside, don't turn your back on the kids or leave them alone for a nanosecond!*

## FREE FITNESS

*"When I was 14, my dad bought me weights, and it changed my life," says fitness guru Jake "Body by Jake" Steinfeld. "I always tell kids if you build your bodies and build your minds, you'll be unstoppable." To make up for the fact that 80 percent of public schools don't offer daily P.E. classes, Jake formed the Don't Quit! Foundation to help inner-city schools bulk up their workout facilities. Thanks to donors who agree with his fitness philosophy, several schools across the country have already received gym upgrades—to the tune of $100,000. So far, schools in Watts and Pacific Palisades, Calif.; Seattle, Wash.; Brooklyn, N.Y.; and Washington, D.C., have been the lucky recipients, and plans to redo facilities in Baton Rouge, La., are in the works. "This gives kids an opportunity to take control of their bodies, build confidence and self-esteem and redirect their energy," Jake says. "Maybe then they'll be less likely to smoke cigarettes, take drugs or get involved with gangs."*

*Do you think better fitness facilities would make a difference at your school? Why or why not? Write to: For Real,* Teen, *P.O. Box 48990, Los Angeles, CA 90048.*

***sinister sites***
*Web sites promoting hate and intolerance have increased from only one (established by the Ku Klux Klan) in 1995 to more than 1,400 today. Some Internet users want Web service providers to refuse to host hate pages, but providers' hands are tied—by the First Amendment.*

***money makers***
*Teen TV actors' salaries are on the rise big-time. In a few short years, newbie thespians' per-episode earnings have jumped from the not-so-paltry $7,500–12,000 range to the mind-blowing $15,000–30,000 range today. Auditions, anyone?*

***Sources:*** *Primedia/Roper National Youth Survey; Recording Industry Association; Education Secretary/ Department of Education; Digital Hate 2000/Simon Wiesenthal Center;* The Hollywood Reporter.

YAK!
YAK!
YAK!
YAK!
YAK!
YAK!
YAK!

**real teens: Diary of a Junior Year is an emotionally charged six-book nonfiction series written by a group of real teens during their junior year in high school. The books document the lives of these eight friends through individual diary entries written in their own words.**

# real teens

Ever wonder what other real teens think about, stress about, laugh about, cry about? Check out the following sneak preview for *Real Teens: Diary of a Junior Year,* Volume 1 (available in bookstores in August). These eight real teens have agreed to let you into their lives for one whole year...

The diaries you are about to read are real. Names, places and other details have been changed to protect the real teens involved. But what they have to say is all true.

## who we are

**MARYBETH MILLER:**
I'm a loudmouth. I can make just about anyone smile, even if they're feeling down in the dumps, and that's really important 2 me. Some days I consider myself fatter than others, but what are you gonna do, right? I run track and play basketball and keep on--so it's no big deal. Mostly I love just hanging out with my friends. Mom, Dad, and my brother and sister r cool 2, I guess. I mean, we don't always get along, but I pull thru. I don't think I would want anything else.
**Likes:** My yellow Polo shirt
**Dislikes:** People who can't take a joke

**BILLY SHIM:**
I'm an outgoing, crazy guy, but I have mixed feelings about it. I'm smart and get good grades, but I know that's not good enough so I need something that stands out, like sports, sports, sports! The scene with my parents is totally up/down. We have great moments, but we have arguments too--like good grades = heaven and bad grades = hell. But my older brother Lee, who's playing football at college right now, he's always there for me. Lee is the nicest guy you could ever meet. I think things would be easier if I were more like him.
**Likes:** Sports, sports, sports (esp. lacrosse in spring)
**Dislikes:** Stupid, clingy chicks

**TERESA FALCONE:**
There is much more going on in my mind than the eye can see... I love writing, reading, dancing, singing, acting, playing field hockey, listening to all kinds of music, and most of all being with my friends and family. I know I'm smart and get really good grades, but I have this problem, which is everyone sees me as this airhead. I hate that! Sometimes I can be soooooo insecure! My parents are divorced, so I live with my mom and my older brother Vincent, even though we don't get along ever. My dad lives a town away, so I see him a lot.
**Likes:** Romance books and anything else romantic!
**Dislikes:** Not being taken seriously!

**JAKE BAROSSO:**
Ladies think I'm cute, but only sometimes. I'm shy, but I love to dance and I'm always on the go. I love raving, riding a Jet Ski, playing lacrosse, playing pool, and fixing up my new car. My dad is really, really sick, so things are terrible at home right now, but I try to help out as much as I can. We're always arguing about the stupidest things. I wish it didn't have to be like this. I like to make Mom laugh whenever I can. I'm funny too.
**Likes:** My car!!!
**Dislikes:** Being sick & people who are jerks (a tie)

**KATIE CARSON:**
I am Community Club president, captain of the tennis team, student council vice president, and a peer ministry leader of my church, among other things. To fit it all into one word, I am well-rounded. My schedule is nuts, but I handle stress with my sense of humor. I have important long-term goals for myself. Sometimes my friends tell me I am naive about things, but I really do believe I have the ability to get along with everyone. The most important thing to me is family--we're very close and share a special bond. I can tell my mom everything.
**Likes:** Musical theater, travel, good grades, Brad
**Dislikes:** People who don't have any goals

Illustration/Lynn Tanaka.

continued

# the and where when

Get ready to go back to school in style with these awesome **Teen** events! You'll get the inside scoop on fashion, hair and beauty as **Teen** presents the latest in what to wear this fall.

## Teenscene

**IT'S TIME TO GO BACK TO SCHOOL!** Make sure you're at the fashion event of the season as **Teenscene** makes a stop at your local mall! Get psyched for an afternoon of fun and style! Catch an amazing live runway show set to the hottest chart-topping music, and be the first to get the inside scoop on the latest hair and makeup trends! There will also be a **Teen** Retail Editor on hand to personally answer all of your style questions. Of course there will be lots o' door prizes to give away, so make sure you brush up on your **Teen** trivia to win! And what would a **Teenscene** event be without our gift bags jam-packed with tons of free samples and the latest issue of **Teen**? Best of all, it's absolutely free!

**LOOK FOR TEENSCENE AT THESE LOCATIONS NEAR YOU:**

**NORTHBROOK COURT***
*Northbrook, IL*
Saturday, August 7
2:00 p.m.
847-498-1770

**QUAIL SPRINGS MALL***
*Oklahoma City, OK*
Saturday, August 28
2:00 p.m.
405-755-6530

**BRASS MILL CENTER***
*Waterbury, CT*
Saturday, August 14
2:00 p.m.
203-755-5000

**ALDERWOOD MALL**
*Lynnwood, WA*
Saturday, September 11
2:00 p.m.
425-771-1121

**MONTCLAIR PLAZA**
*Montclair, CA*
Saturday, August 21
2:00 p.m.
909-626-2501

**THE PARKS AT ARLINGTON**
*Arlington, TX*
Saturday, September 18
2:00 p.m.
817-467-0200

**A lucky few will get the chance to preview an awesome movie at Teen's very own private screening*


Before you head back to school, come out and have some fun on the water. Learn how to ski, wakeboard, parasail, kneeboard or ride in the tubes.

It's all at **Sammy Duvall's Watersports Centre™** at the Contemporary Resort at Walt Disney World® Resort in Orlando, Florida. **For reservations call 407-WDW-PLAY.** ***Have a great time!***

**EDWARD BAXTER:**

This is me. I'm all the characteristics associated with this picture. I love listening to music, watching TV, and playing Nintendo. I'm a yearbook editor, sometimes I run track, and I'm in Community Club, even though I'm starting to hate it, and I mean really hate it. I'm also a bad speller, but for the most part I do well in school. As far as parents go, mine are like big kids. My dad is a real comedian and my mom is stupid funny, like me. My older brother Jerry is away at college.

***Likes:*** Coconut my dog

***Dislikes:*** People who never call you back, especially when you beep them

**EMMA WEST:**

I think I'm totally trustworthy, kind, and respectful, but if someone starts talking about me behind my back, I feel a lot different and I get upset. At school I'm ice-hockey manager and I'm in Community Club and student council. I love hanging out but I usually don't make any plans until like the last minute, usually with Marybeth. The most important thing is that my friends mean the world to me. My parents are cool too. They're always running around doing a million different things, and my little brother Ronnie thinks he runs the house. My sister Lynn and I have to babysit for him a lot, which can be a drag, but whatever.

***Likes:*** Having a boyfriend

***Dislikes:*** Being left out

**KEVIN MORAN:**

I'm all this: smart, funny, hyper, and I don't know what else kind of guy. I kinda go from one thing to another, like wave running, clubbing, swimming, mainly any sport—and mostly just chilling with my friends. Still, I get bored all the time. My family, they're loud, and Dad has been married 2X so we have a lotta freakin' people here to deal with and we argue like all the time, but that's cool I guess cuz I really do love them all. I was really close to my sis Lena, but she died like 8 years ago when I was 8, which still makes me mad.

***Likes:*** Dressing and doing stuff exactly as I want it and no one can tell me anything else

***Dislikes:*** My brother Neil no doubt!

**That is why luv sux. You only know how much something truly means to you until you're about to lose it.**

***how we live***

**MARYBETH**
**SEPTEMBER 12TH**

Something is definitely up with Greg. We've been going out since the middle of July, which is cool. But now all of a sudden he's starting to get "funny" w/me. I mean he only calls when I beep him and stuff. Well, yesterday he called Sherelle and told her his feelings for me had changed. He says he doesn't know what he wants and he still doesn't want to lose me either. I think boys are cracked. And Sher told me everything last night. Now I'm a total wreck.

That is why luv sux. You only know how much something truly means to you until you're about to lose it. I can't believe this could happen to me. I am embarrassed too, like we probably should have just broken up over the summer and kept it like a summer thing only. What am I supposed to do now? I didn't think this was gonna happen.

I feel so gross inside. I don't want to do anything right now. Maybe I'll call Kevin first. No, I am putting this diary down right now and calling Greg—there is no stopping me.

**EMMA**
**9/14, 4:03 P.M.**

I am in such a bad mood again today and I guess the real reason is that my friends really tick me off more than anything!!

Today Sherelle and Marybeth are going to the other side of town to see Marybeth's ex-boyfriend. I guess yesterday she asked Sherelle to go with her because she didn't want to go alone. I don't understand why they couldn't have just asked me since they knew I kinda wanted to go. When I said to them, "Oh, you guys are going?" they were like, "Yeah, we're going." I was like, "Cool," because whenever we go over there we always do it together, and I just told Marybeth like a week ago that I wanted to see her ex and some of the other guys. What's up with that?

**JAKE**
**SEPTEMBER 15**

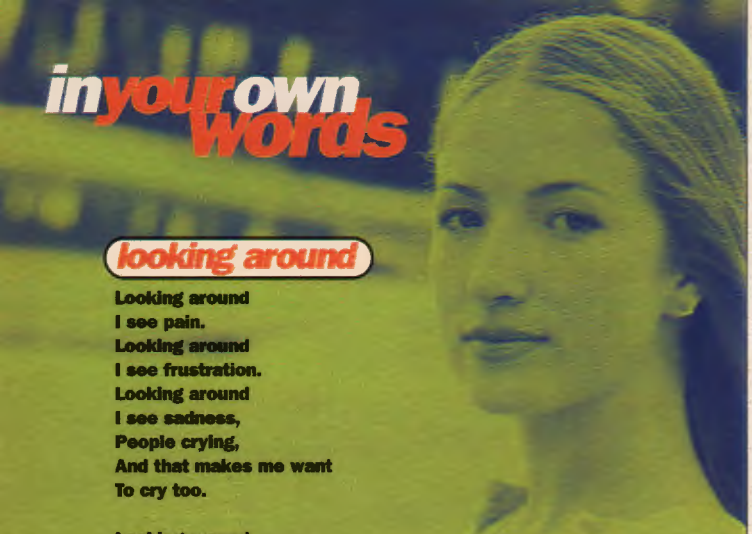
I came home today from school and my dad is getting worse and I can't stand the pain. Within the last year he has gone from the greatest man to a great disabled man. He has this disease called Becker MD. It's this muscle disease and he's just getting weaker and weaker. My mom says that we should try to make everything normal and act like nothing is happening, but I'm sorry, I can't do that. I think as you live your life, good luck evens out with bad luck and now I am in a bad luck phase. When I was younger I had it all. I thought I had a great family, money, toys galore, a beach house, and all the great friends I needed. But we had to sell stuff for money for my dad to get treated and I don't have as many clothes as I used to. It's like slowly my family is falling apart. Everyone is always fighting and I try to stay out of it but it's hard. I try to help out sometimes but I can't. My father wants to help too but he can't, and he gets sad and starts crying and that's the worst. I guess I need to spend more time with him, but I also want to live a normal life. (Thank God for my best friend Kevin, who is always there for me.)

**KEVIN**
**9/18 FRIDAY**

The best thing that I ever coulda done was ask Adina out cuz we are really having an awesome time together! She looks so awesome and today I noticed she was wearing these cool-n-funky shoes. Tonight we swung by the Silverado to catch up with Marybeth, Sherelle, Teresa, and everyone else. Of course no one really goes there until late on Fridays and we were there way earlier than everyone else so we didn't stay long. I despise that stupid diner anyhow because whenever you go into the Silverado Diner you come out smelling like bad hamburgers. Later on Adina and I just hung and watched the stars. She said she liked the way I was wearing my hair. As everyone knows, I have funky hair and sometimes people think it's wack. But not Adina. She told me she liked it unique, even if I bleached out the tips (which would be weird, since my hair is black). Later she wasn't feeling so good so we called up her dad and he picked us up right away at 11. I can't wait until I have my wheels so I don't have to go on dates when it's convenient for parents and not for us. Nothing is worse than that.

p.s. I'm getting my license in only 31 days!

# in your own words



## looking around

Looking around
I see pain.
Looking around
I see frustration.
Looking around
I see sadness,
People crying,
And that makes me want
To cry too.

Looking around
I see love.
Looking around
I see joy.
Looking around
I see happiness,
People laughing,
And that makes me want
To laugh too.

Two different emotions.
Looking around
I see them both every day.
One as strong as the other,
As different as night and day.

Looking around
I see the world.
Sadness and happiness,
Frustration and joy.
One as strong as the other,
As different as night and day.
—Joanne Hudy, Elyria, Ohio

## discovery

I am an individual
who has feelings,
who has thoughts,
who grows with every
tick of the clock.

I am a student
with responsibilities,
with goals,
with many achievements.

I am a person
who can laugh,
who can cry,
who can form opinions
of my own.

I am a discovery
with surprises,
with dreams,
who hopes to accomplish
many things in life.
—Lori Garrett,
Panama City, Fla.

## shattered reflection

I wish I had a mirror,
For memories fade away.
To only once look back
On yesterday's today.

To hold it in my hand,
To look, to see, to cry.
To wonder who I am
So I'd never wonder why.

To shine it on my soul,
And hope to see my heart.
To hold it there forever,
Until it falls apart.

To reflect it on the Earth
And undo all that's wrong.
To shine it on all people
And show them they belong.

I must lock it in a box
And throw away the key.
To keep it there forever,
For all eternity.
—Jennifer Kardos,
Milltown, N.J.

## as raindrops fall

She twirls and spins
Under the falling rain.
Her soul set free,
Basking in joy.

Raindrops caress her
With a gentle kiss.
—Anna Weaver,
Kailua, Hawaii

Hilarious haiku? Sentimental sonnets? Radical rhymes? This is *your* page, and we need *your* words. Pen your own poetry and send it to: In Your Own Words, *Teen*, P.O. Box 48990, Los Angeles, CA 90048-0990. You must enclose this statement in your own handwriting: "This will certify that the above work is completely original." This statement must be signed by your parent or guardian. Sorry—we can't publish them all, nor can we return poetry.

good reads

## Outfit Giveaway

continued from page 18

No purchase necessary to enter or win. Hand-print your complete name, age, address, home phone number, birth date and clothing and shoe sizes on a plain piece of 3x5 paper. Each entry must be a handwritten original. Mail your entry to: "Outfit Giveaway," *Teen*, P.O. Box 48990, Los Angeles, CA 90048. Limit one entry per envelope. All entries must be received at *Teen*'s offices by 8/31/99. We cannot be responsible for lost, late, illegible, incomplete, mutilated or postage-due mail. The sweepstakes is open to female residents of the United States and Canada who, as of entry deadline, are between the ages of 12 and 19. Sweepstakes is not open to employees of Tommy Jeans, Dr. Martens, K. Bell, Chinese Laundry, Petersen Publishing Co., L.L.C., or their affiliates or advertising and promotion agencies, or their family members and/or those living in the same household. Odds of winning depend on the total number of eligible entries received. The decisions of *Teen* magazine shall be final on all matters relating to this offer. All federal, state and local laws and regulations apply. Sweepstakes is governed by the laws of the state of California. Void in the province of Quebec and where prohibited by law. Subject to the requirements below for Canadian residents, on or about 9/15/99, *Teen* will hold a random drawing from among all eligible entries received. A total of 10 winners will be randomly selected to receive one outfit each (a sweater and shirt from Tommy Jeans; a skirt from Dr. Martens, knee-socks from K. Bell; and shoes by Chinese Laundry (approximate retail value: $200 per outfit). The winners will be notified by mail on or about 9/30/99. The prize winner, and her parent or legal guardian if prize winner is a minor, must respond to any required Affidavit of Eligibility/Release/Prize Acceptance Form within seven days of attempted delivery of the same. Noncompliance within this time period (or return of any prize/prize notification as undeliverable) may result in disqualification and the selection of an alternate winner. Canadian residents, in order to be eligible to win, must first correctly answer a time-limited skill-testing question administered by mail. Limit one prize per household. No transfer or substitution of prizes. All federal, state and local taxes are the sole responsibility of the winner(s). Prize acceptance constitutes permission to use winner's name and/or likeness for purposes of advertising and trade without further compensation unless prohibited by law. For a list of winners, send a separate self-addressed, stamped envelope to August Winners List, *Teen*, P.O. Box 48991, Los Angeles, CA 90048.

## Wool Mary Janes Giveaway

continued from page 38

No purchase necessary to enter or win. Hand-print your complete name, age, address, home phone number, birth date and shoe size on a plain piece of 3x5 paper. Each entry must be a handwritten original. Mail your entry to: "Wool Mary Janes Giveaway," *Teen*, P.O. Box 48990, Los Angeles, CA 90048. Limit one entry per envelope. All entries must be received at *Teen*'s offices by 8/31/99. We cannot be responsible for lost, late, illegible, incomplete, mutilated or postage-due mail. The sweepstakes is open to female residents of the United States and Canada who, as of entry deadline, are between the ages of 12 and 19. Sweepstakes is not open to employees of Chinese Laundry, Petersen Publishing Co., L.L.C., or their affiliates or advertising and promotion agencies, or their family members and/or those living in the same household. Odds of winning depend on the total number of eligible entries received. The decisions of *Teen* magazine shall be final on all matters relating to this offer. All federal, state and local laws and regulations apply. Sweepstakes is governed by the laws of the state of California. Void in the province of Quebec and where prohibited by law. Subject to the requirements below for Canadian residents, on or about 9/15/99, *Teen* will hold a random drawing from among all eligible entries received. A total of 5 winners will be randomly selected to receive a pair of wool Mary Janes from Chinese Laundry (approximate retail value: $50 each). The winners will be notified by mail on or about 9/30/99. The prize winner, and her parent or legal guardian if prize winner is a minor, must respond to any required Affidavit of Eligibility/Release/Prize Acceptance Form within seven days of attempted delivery of the same. Noncompliance within this time period (or return of any prize/prize notification as undeliverable) may result in disqualification and the selection of an alternate winner. Canadian residents, in order to be eligible to win, must first correctly answer a time-limited skill-testing question administered by mail. Limit one prize per household. No transfer or substitution of prizes. All federal, state and local taxes are the sole responsibility of the winner(s). Prize acceptance constitutes permission to use winner's name and/or likeness for purposes of advertising and trade without further compensation unless prohibited by law. For a list of winners, send a separate self-addressed, stamped envelope to August Winners List, *Teen*, P.O. Box 48991, Los Angeles, CA 90048.

## Nike Trail Runners Giveaway

continued from page 50

No purchase necessary to enter or win. Hand-print your complete name, age, address, home phone number, birth date and shoe size on a plain piece of 3x5 paper. Each entry must be a handwritten original. Mail your entry to: "Nike Trail Runners Giveaway," *Teen*, P.O. Box 48990, Los Angeles, CA 90048. Limit one entry per envelope. All entries must be received at *Teen*'s offices by 8/31/99. We cannot be responsible for lost, late, illegible, incomplete, mutilated or postage-due mail. The sweepstakes is open to female residents of the United States and Canada who, as of entry deadline, are between the ages of 12 and 19. Sweepstakes is not open to employees of Nike, Petersen Publishing Co., L.L.C., or their affiliates or advertising and promotion agencies, or their family members and/or those living in the same household. Odds of winning depend on the total number of eligible entries received. The decisions of *Teen* magazine shall be final on all matters relating to this offer. All federal, state and local laws and regulations apply. Sweepstakes is governed by the laws of the state of California. Void in the province of Quebec and where prohibited by law. Subject to the requirements below for Canadian residents, on or about 9/15/99, *Teen* will hold a random drawing from among all eligible entries received. A total of 10 winners will be randomly selected to receive a pair of Nike Trail Runners (approximate retail value: $90 each). The winners will be notified by mail on or about 9/30/99. The prize winner, and her parent or legal guardian if prize winner is a minor, must respond to any required Affidavit of Eligibility/Release/Prize Acceptance Form within seven days of attempted delivery of the same. Noncompliance within this time period (or return of any prize/prize notification as undeliverable) may result in disqualification and the selection of an alternate winner. Canadian residents, in order to be eligible to win, must first correctly answer a time-limited skill-testing question administered by mail. Limit one prize per household. No transfer or substitution of prizes. All federal, state and local taxes are the sole responsibility of the winner(s). Prize acceptance constitutes permission to use winner's name and/or likeness for purposes of advertising and trade without further compensation unless prohibited by law. For a list of winners, send a separate self-addressed, stamped envelope to August Winners List, *Teen*, P.O. Box 48991, Los Angeles, CA 90048.

## Sharp Organizer Giveaway

continued from page 126

No purchase necessary to enter or win. Hand-print your complete name, age, address, home phone number and birth date on a plain piece of 3x5 paper. Each entry must be a handwritten original. Mail your entry to: "Sharp Organizer Giveaway," *Teen*, P.O. Box 48990, Los Angeles, CA 90048. Limit one entry per envelope. All entries must be received at *Teen*'s offices by 8/31/99. We cannot be responsible for lost, late, illegible, incomplete, mutilated or postage-due mail. The sweepstakes is open to female residents of the United States and Canada who, as of entry deadline, are between the ages of 12 and 19. Sweepstakes is not open to employees of Sharp, Petersen Publishing Co., L.L.C., or their affiliates or advertising and promotion agencies, or their family members and/or those living in the same household. Odds of winning depend on the total number of eligible entries received. The decisions of *Teen* magazine shall be final on all matters relating to this offer. All federal, state and local laws and regulations apply. Sweepstakes is governed by the laws of the state of California. Void in the province of Quebec and where prohibited by law. Subject to the requirements below for Canadian residents, on or about 9/15/99, *Teen* will hold a random drawing from among all eligible entries received. A total of 5 winners will be randomly selected to receive an organizer from Sharp (approximate retail value: $150 each). The winners will be notified by mail on or about 9/30/99. The prize winner, and her parent or legal guardian if prize winner is a minor, must respond to any required Affidavit of Eligibility/Release/Prize Acceptance Form within seven days of attempted delivery of the same. Noncompliance within this time period (or return of any prize/prize notification as undeliverable) may result in disqualification and the selection of an alternate winner. Canadian residents, in order to be eligible to win, must first correctly answer a time-limited skill-testing question administered by mail. Limit one prize per household. No transfer or substitution of prizes. All federal, state and local taxes are the sole responsibility of the winner(s). Prize acceptance constitutes permission to use winner's name and/or likeness for purposes of advertising and trade without further compensation unless prohibited by law. For a list of winners, send a separate self-addressed stamped envelope to August Winners List, *Teen*, P.O. Box 48991, Los Angeles, CA 90048.

**How You Can Have...**

**"WOW! The New *TBR SYSTEM* lets you RESHAPE AND MOLD every inch of your body! Now you can get the body you want—FAST!"**

# THINNER, FIRMER, LEGS & HIPS

## A SMALLER, TIGHTER WAIST and A PRETTIER, SHAPELIER BUST

## ... ALL IN *2 WEEKS* OR YOUR MONEY BACK!

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**IN JUST 14 DAYS, you could not only be thinner and firmer than ever before...but your entire body could suddenly start to take on a whole, new shape.**

In fact, the New ***TOTAL BODY RESHAPING SYSTEM*** **is 100% Guaranteed** to give you a sleeker, sexier body that makes you stand out from other girls and gets you noticed - *no matter what you look like right now!*

### Melt-Away Fat FAST!

The ***TOTAL BODY RESHAPING SYSTEM (TBRS*** for short) is NOT just another weight-loss product. **It's a total body improver designed to "reshape" you from head to toe.** So if you're overweight, the ***TBR SYSTEM*** **will help you melt and float away ugly fat** leaving you with a firmer more beautiful body.

Or if just **certain parts** of you could use some eye-catching curves, ***TBRS*** can quickly add exciting new shape to your frame...**in all the right places!** And that's only the beginning...

### Stubborn Spots???

**The *TOTAL BODY RESHAPING SYSTEM* lets you attack your own unique problem spots — shaping and molding them** — tightening, firming, dissolving layer after layer of fat with each new day!

That means you can *zero-in* on your thighs, calves, hips, waist, arms, neck or any other area that needs **extra strong, extra fast** treatment.

And since every girls body is different, the ***TOTAL BODY RESHAPING SYSTEM*** **lets you change only the parts you don't like about you...so you end up with the perfect body for you!**

### Here's how it Works...

First, ***TBRS*** gently speeds up your metabolism so you burn off excess calories and fatty deposits. At the same time, *Special Shaping Actions* let you stimulate muscle tone **exactly where you need it.** So more of the food you eat is **automatically** converted into energy — instead of fat. It's sort of like "tricking" your body into losing fat.

Plus, you'll know it's working because you'll feel it from the very first day and see results in the mirror as quickly as the fifth day! Even your face will look prettier — bringing out your cheek bones and accenting your natural beauty line and structure.

And the nice thing is, your beautiful, new body will **stay that way - and even continue to improve.** So you can look your best all year long. No more hiding in boring, dumpy looking clothes. Instead, you'll wear all the fashions you love—and look gorgeous! *Plus...*

Named **BEST** Teen Body Improver by JCR

with ***TBRS***, there are...

- NO dangerous diet pills
- NO chemical powders
- NO silly heat suits or belts
- NO unhealthy crash diets
- NO long exhausting exercise!

Once you use the ***TOTAL BODY RESHAPING SYSTEM*** diet and exercise plan there is **nothing else to buy — nothing else to do.** Simply follow it faithfully and then...day-by-day, inch-by-inch **you'll see and feel amazing changes take place. All your ugly fat will suddenly start to disappear — naturally, quickly, safely.**

**FACT:** The ***TBR SYSTEM*** is SAFE and HEALTHY for girls of all ages. There are NO side effects. **TBRS contains nothing chemical or artificial like other products.**

**FACT:** Only the ***TBR SYSTEM*** gives you *Special Shaping Actions* to let you *zero-in* on your own unique problem spots!

**FACT:** The ***TBR SYSTEM*** must change the way you look DRAMATICALLY and show you how to stay that way for the rest of your life or you don't pay a penny!

**Other products don't give you what *TBRS* does! For example, how to...**

- *FIRM, shape and tone your arms and shoulders!*
- *GET a prettier, rounder, bust...or smaller, firmer breasts if that's what you want and need!*
- *MELT away Fat for a smaller, tighter waistline and FLATTER harder abs!*
- *GET a smoother, firmer, more shapely hips and butt!*
- *MAKE your legs leaner, shapelier and more toned from your hips down to your ankles!*

### HERE'S PROOF!

***TBRS*** **Worked for them! It can work for you too! These are *real* girls who have written to tell us how happy they are with their results...**

*"I lost 25 Pounds... and I'm still losing more. Thanks for helping people like me!"* Christine, TN

*"TBRS helped me lose 50 lbs and go from a size 18 to a size 10! I look and feel wonderful Thanks again!"* Laura, WA

*"I lost 17 Pounds...I can now hold my head high and be proud of who I am because I look fabulous!"* Brook, UT

*"I was 213 pounds! I lost 53 lbs! Thank you!"* Polly, ID

*"I weighed 142 when I began your program, now I weigh 114... 28 LBS LESS!"* PY, MN

*"I've lost 30 lbs with TBR. Without your system I wouldn't be where I am today. THANK YOU!"* Emilie, HI

**...and there are HUNDREDS more letters just like these in our files. Don't be left out—join all the others! Just imagine what TBRS can do for YOU!**

### IMPORTANT NOTE

*To guarantee accuracy, every word on this page directly reflects the contents of the Total Body Reshaping System and represents the opinions and theories of Johnson & Collins Research. Please do not allow yourself to become too thin while using this program. TBRS is 100% published material designed for fast weight loss as well as improved energy and health. Your results are unique for you and GUARANTEED to vary for each individual. Johnson & Collins Research supports the fight against eating-disorders.*

### Now it's YOUR turn!

Yes! The ***TOTAL BODY RESHAPING SYSTEM*** must do everything exactly as we have promised or you don't pay a penny! And to prove it to you, we'll let you try ***TBRS*** in your home with our **FREE 30 DAY TRIAL.**

So when your package arrives, we want you to use it... go ahead, let the ***TBR SYSTEM*** start to reshape, firm and beautify your body. **Use it as much as you like** to help solve your figure problems. Then - if you're not completely delighted with your new shape and appearance... if you don't look and feel absolutely sensational, simply return everything we sent you for a complete and speedy refund. **No hassles. No questions. No delays. Just your money back.** So it's up to you. One month from today you could look no different than you do right now —**or you could look in the mirror and see a whole, new beautiful you!**

**Fill in the Rush Coupon and Personal Information Form below and mail it today!** Then see how great it feels to actually *have* a beautiful body instead of just wishing you did. **We won't disappoint you!**

**FREE GIFT!** Act now and we'll also send you our ***Ultra Weight Loss Formula*** *absolutely FREE* just for trying ***TBRS***.

### 100% MONEY BACK GUARANTEE!

*Try TBRS now with no risk! We're so sure that you'll be thrilled with your results that you get this 100% Money-Back Guarantee. Plus—the FREE GIFT is yours to keep even if you return TBRS.*

**MAIL THIS SPECIAL *RUSH* ORDER FORM TODAY FOR FREE 30 DAY TRIAL!**

***TBRS* PERSONAL BODY TYPE & PROBLEM SPOT FORM**

**This is my general body type:**

- ❑ TYPE A - I am overweight. I need to lose pounds and inches - reshape my problem spots for a sleeker, more graceful and toned body.
- ❑ TYPE B - I am too skinny. I need more shape and curves in all the right places for a more eye-catching figure.

***These are the parts of my body that need the most improvement:*** *✔Check off as many boxes as you like. Feel free to add any special notes or wishes on a separate piece of paper.*

| | | |
|---|---|---|
| ❑ FACE | ❑ BUSTLINE-*bigger* | ❑ OUTER THIGH |
| ❑ NECK/CHIN | ❑ BUSTLINE-*smaller* | ❑ INNER THIGH |
| ❑ SHOULDERS | ❑ WAISTLINE | ❑ CALVES/ANKLES |
| ❑ UPPER ARMS | ❑ HIPS | ❑ FEET |
| ❑ WRISTS/HANDS | ❑ STOMACH | ❑ BUTTOCKS-*bigger* |
| ❑ MUSCLE-TONE | ❑ BACK-*upper/lower* | ❑ BUTTOCKS-*smaller* |

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# leo

**what's in your stars for august? by lexi littlefield**

***july 24–august 23***
*The new moon in your sign on the 12th propels you to greatness. As a Leo, you're born to rule in style, and the higher you aim now, the more you'll achieve.*
***star snags:*** *Challenges are everywhere—family, school, friends, love. But you're not one to give up. Simply redouble your efforts and you'll come out a winner.*
***romance match:*** *Scorpio*
***best days:*** *11, 20*
***bad days:*** *7, 25*
***love days:*** *6, 19*
***your year ahead:*** *Your reputation and creativity are powerful this year. Want to change the way friends think about you? You can let everyone see just how powerful and beautiful you are if you work that creativity. It's the path to true Leo happiness.*

***celeb leos***
*Jennifer Lopez: July 24*
*Sandra Bullock: July 26*
*J.C. Chasez of 'N Sync: August 8*
*Ben Affleck: August 15*
***Howie Dorough of Backstreet Boys: August 22***

***the leo guy***
*He's charming, he laughs a lot and he's not scared of romance! Practically perfect, right? The only glitch is that sometimes he wants to be so perfect that he covers up insecurities with boring bragging.*

## virgo

***august 24–september 23***
Your winning way with words can get you far this month, so talk away. Just make sure you listen, too. One-sided conversations are a real bore.
***star snags:*** Exhaustion threatens to drag you down. Get smart about your health and stock up on sleep and exercise. You should lose all that processed food and soda, too.
***guys:*** Words aren't the only way to convey a romantic message. Lots of smiles and laughter can work wonders. P.S.: Your crush doesn't know you care—show him you do.
***best days:*** 4, 13
***bad days:*** 11, 25
***love days:*** 8, 23

## libra

***september 24–october 23***
You're totally in the social swim these days and loving every minute. Sure, your wild ways have shocked a few friends—that's why you're on everyone's invite list.
***star snags:*** Uh oh. A spending spree around the 11th could make for trouble with your folks. Try swapping wearables with your friends instead.
***guys:*** An ex might invite you to a concert mid-month. So he's still not over you, huh? Talk about an ego boost! But don't forget the shy guy you've been working with on that school project.
***best days:*** 6, 14
***bad days:*** 12, 22
***love days:*** 11, 25

## scorpio

***october 24–november 22***
With red-hot Mars storming your sign again this month, your energy is off the chart. You'll shine in school, creativity, even romance.
***star snags:*** All that Mars-induced energy can lead to fights with friends. Focus yourself so you're not picking fights wherever you go.
***guys:*** You're meeting guys and getting invited to all the right parties, but patience is the key word now. Really get to know your crush instead of expecting him to be your fantasy-come-true.
***best days:*** 8, 17
***bad days:*** 6, 20
***love days:*** 13, 27

Photographs/Mike Ruiz, Visages.

## sagittarius

***november 23–december 21***
The stars shine on travel, learning and adventure for you this August. Sign up for cool classes and clubs to power that learning curve. If you do, you can start the school year with a bang.
***star snags:*** Variety is the spice of life, but too many interests can mean no focus. Try aiming at just one target (OK, maybe two or three) to hit the bull's-eye by the 28th.
***guys:*** You're a practical girl at heart, but these days you're acting lovestruck and a bit goofy. The one who's plucking your heartstrings is awfully hard to pin down. By September you'll know where you stand with him—just be patient.
***best days:*** 11, 20
***bad days:*** 4, 16
***love days:*** 14, 28

## capricorn

***december 22–january 20***
You've been working on a project that means a lot to you for almost a year. This fall your labor starts to pay off. Savor the moment, then let friends know you're up for some fun.
***star snags:*** A few secrets are good, but keeping too much info to yourself can weigh you down. Find a friend you trust and let her in on your thoughts and fears.
***guys:*** Your boyfriend isn't being completely honest. Maybe it's time to let the romance cool a bit. With all the get-togethers and parties you're part of, you'll meet new guys who might just command your attention for a while.
***best days:*** 13, 23
***bad days:*** 2, 25
***love days:*** 4, 18

## aquarius

***january 21–february 19***
Your rep is undergoing some major renovation. Who do you really want to be? Cliché but true: It's always best to be yourself, especially since you're a unique, open-minded, supersocial girl.
***star snags:*** A little competition can be good for friendships, but not if tension overwhelms the relationship. If a good friend tries to snag your territory, let her know it's yours.
***guys:*** A planetary pileup in your house of relationships has you dreaming of commitment. At the same time, Aquarius that you are, you long to be free. Don't worry: The guy who's right for you will give you freedom and still be there when you need him.
***best days:*** 14, 25
***bad days:*** 10, 27
***love days:*** 5, 20

## pisces

***february 20–march 20***
With motivation straight from the stars, you can accomplish practically anything. The key to success? Scheduling! Find a balance of work, play, exercise and healthy eating for a fabulous fall.
***star snags:*** Why are you so down on your appearance? Enlist a friend to help you find a new look you'll love.
***guys:*** This might not be the best month for romance, since you're so busy having fun. Still, one of your friends could be itching to hook you up with her cute brother. Is he worth it?
***best days:*** 4, 13
***bad days:*** 7, 27
***love days:*** 21, 31

## aries

***march 21–april 20***
August is the season for Leo, and as a fellow fire sign you soak up some of that energy. You're feeling creative, glamorous and full of the stick-to-it power to get stuff done.
***star snags:*** Money matters are a pain. Your summer gig could last into the fall, but if you hate the job, don't tough it out because you're desperate. Use your initiative to find a better way to earn some cash.
***guys:*** This is a great time to dress up and head out. And remember: Even if a guy's not your dream mate, he might introduce you to someone who could be. So keep yourself open to new experiences, especially around the 11th.
***best days:*** 2, 20
***bad days:*** 13, 26
***love days:*** 11, 25

## taurus

***april 21–may 21***
No matter how this month begins, by the time it's over you'll have gone through some major changes. Along the way there'll be loads of opportunities to set new goals for yourself. Just don't be too stubborn. These days call for flexibility.
***star snags:*** You're going through a lot, and you really need someone to talk to. But your best friend is being all weird (maybe downright mean). Try turning to a trusted family member for a more sympathetic ear.
***guys:*** One of your crushes says he just wants to be friends. That's OK, you can deal—especially since he turns out to be such a great friend. Besides, after the 23rd you have new chances for romance.
***best days:*** 4, 21
***bad days:*** 10, 24
***love days:*** 13, 27

## gemini

***may 22–june 21***
You're in the mood for news? Get your social fix by signing up for clubs or a sports team and hanging with a bunch of new buds.
***star snags:*** A guy you've been working with is seriously on your nerves. Don't scrap the whole job just because of one pest. You've got enough energy to overcome even this annoying obstacle.
***guys:*** As usual, you find your crushes among your friends. Luckily, you've got more guy friends than ever! But what to do with an ex who comes around begging for a date after the 15th?
***best days:*** 6, 25
***bad days:*** 19, 31
***love days:*** 2, 14

## cancer

***june 22–july 23***
You're a natural at figuring out what people want and need, and this month you can use that skill to your advantage. Playing psychologist with friends, coworkers and guys boosts your popularity and helps you ask for what you want.
***star snags:*** All talents have a flip side. One friend you've helped seems to get more and more clingy. Tell her gently that you need a break.
***guys:*** Popularity suits you, and you're so busy these days that you hardly have time to date. But without even trying you're winning admirers who want to get to know you better!
***best days:*** 8, 27
***bad days:*** 6, 21
***love days:*** 3, 17

# planet love lookout

***We follow Venus, the very vital planet of love, on its trip around the zodiac.*** *With Venus in retrograde (seeming to head backward), count on lots of former loves returning for round two. For the first two weeks, Virgos rule with their caring ways. Then Venus leaps into Leo and all signs brush up on their flirt skills.*

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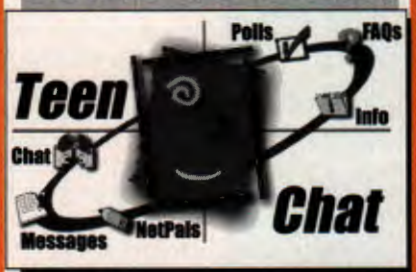


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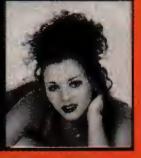

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4391 **Jennifer Love Hewitt**
8292 Jonathan Taylor-Thomas
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3261 Matt Damon
4272 Melissa Joan Hart
6355 Melrose Place
7275 Party of Five
4352 **Sarah Michelle Gellar**
7685 South Park
7644 **Will Smith**

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2223 **Backstreet Boys**
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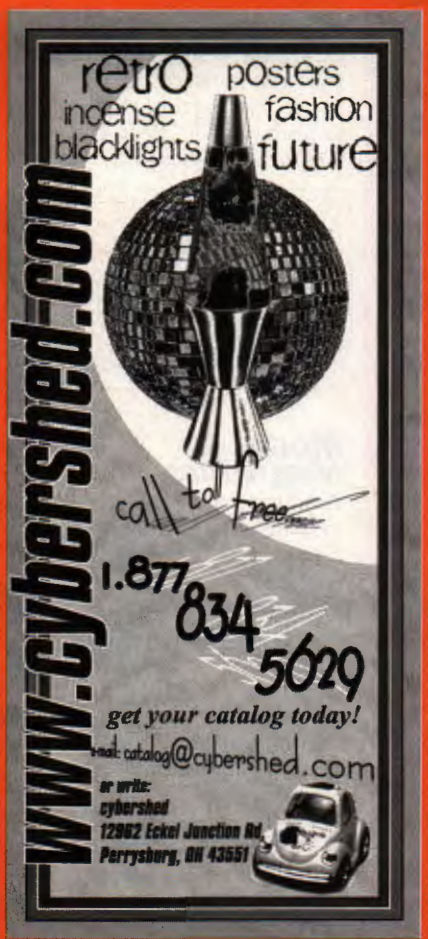




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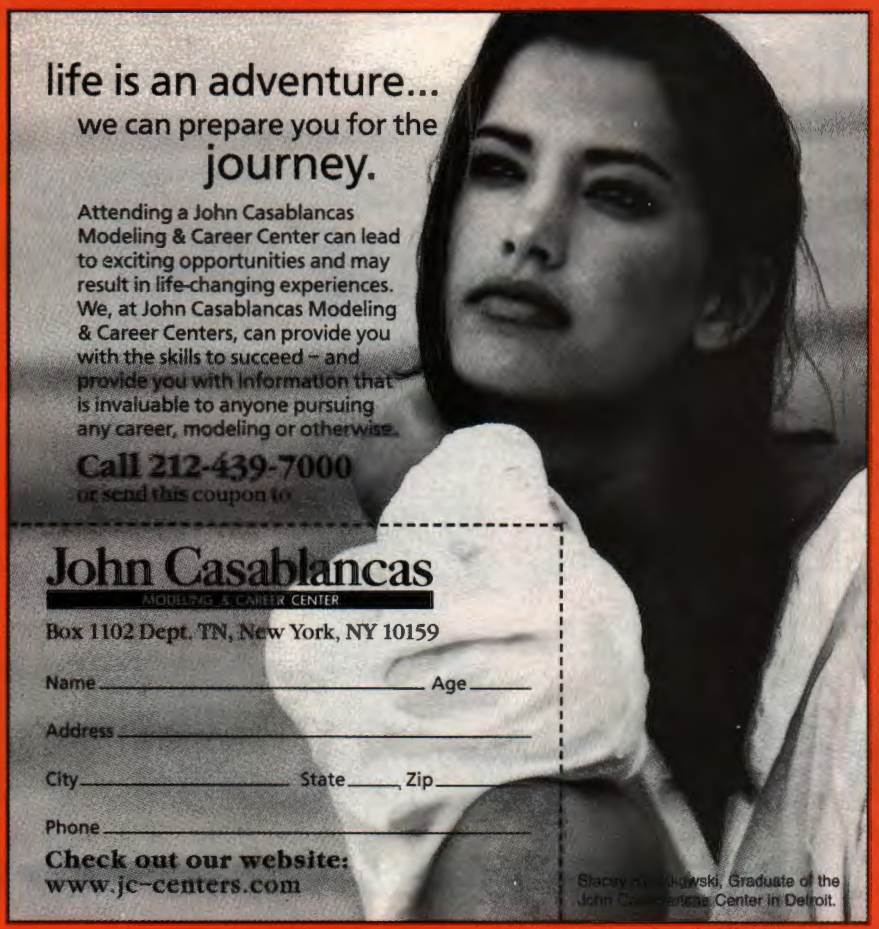


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# ricky martin

Continued from page 70.

to take one firm step after the other. If it takes a lifetime to get what I want, I'll take the time. I want it all!

And what about your new career as an entrepreneur?

Ricky: A few months ago, I opened a Puerto Rican specialty restaurant. It's called Casa Salsa, in Miami Beach, Fla. Other things will come about eventually.

To whom or what do you owe your success?

Ricky: This success is really me simply being myself. I must point out, though, that I'm surrounded by major and minor geniuses that are always by my side. Besides, I'm a very upbeat person, and with God next to me there's nothing to fear; everything will come.

Does fame make you crazy?

Ricky: Here's where I have to talk about spirituality. If a person isn't spiritually healthy, he can lose his way. I've read biographies of people who have lived this kind of life and who weren't able to handle the applause—they're no longer with us, because they got high on fame. It can be our enemy; it can even destroy our lives. That's why it's so important to stop and find oneself in a moment of silence.

—Migdalia Santiago Vidal; translated from Spanish by Lydia Gregory

# jordan knight

Continued from page 71.

Have you learned any lessons about love?

Jordan: You have to express yourself. You have to communicate, even if you feel some of your feelings are wrong, or that you don't deserve to say what you feel. You have to get past that and say it anyhow. It won't go away. Anything that's inside festering won't go away until you let it out.

Tell us about your girlfriend.

Jordan: She's independent, she's got good values. She's strong, and she doesn't put up with any BS, which is good, because you don't want someone who you can walk over or someone who's going to do whatever you want them to do. You don't want someone who doesn't have their own mind made up.

Have you made up your mind about your old group-mate Joey McIntyre's new record?

Jordan: First of all, I gotta congratulate him on writing the song ["Stay the Same"]. I think it's a really good song for people to hear because a lot of teenagers, especially, are into fitting in and [asking] "Who am I?" and searching for their identity. It's good for them to know that you don't have to look for anything. You're just you.

Are you and Joey still friends?

Jordan: Yeah. We just talked the other day. We're trying to put together a song to raise money for the Kosovo refugees. Not a duet—we want to get a lot of other people involved.

What's your guiltiest pleasure?

Jordan: I get caught in front of the TV at night, flipping through the channels. I usually eat these chocolate chip muffins and I drink tea. I just, like, eat more than I should and watch TV at night.

What's something people would be surprised to know about you?

Jordan: Let's see...I don't cut my toenails. I just wait till they tear off. [laughing] That's nasty!

—Marisa Laudadio

# tyrese

ntinued from page 75.

ot me in mind for a show. I had two test shoots, and it was a ne deal. They called and were like, "Yo, you got the show."

hear you're up for a few movie roles. What's up with that?

ese: It's just a couple of things in the air that we're trying to k out. I really can't speak about it. It's all in God's hands.

grew up in Watts in south-central Los Angeles, which has e a reputation. Does it get a bad rap?

se: Yeah, absolutely. I talk about Watts every day on MTV, se I represent the positive aspect of my inner city. Like, I a regular kid going to school every day, trying to take care y mother, working to try to get a job here and there, trying t my hustle on, but not selling drugs, not gang bangin', not g to cut corners and run around and be negative. I repre- the positive aspect of every inner city. I'm their voice.

speaks to you—who are your musical influences?

e: Babyface is definitely an influence on me as far as my writing. Bobby Brown, R Kelly, they're great entertainers, s bringing energy, always being different on stage. Garth s. When you think of country music, you think of Garth s, and that's an inspiration.

be yourself in three words.

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—M.L.

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# why me?

## humiliationhotsheet

**"My best friend and I spent a day at the beach. Before we headed home, we decided to rinse off in the outdoor showers. As I was showering, I noticed a cute guy walking by. When I turned around to get a better look at him, I slipped and fell flat on my face. He started cracking up and asked, 'So, did you have a nice fall?'" —J.H., 14, S.C.**

**"I went to the mall with** my sister and her 2-year-old son. We were walking around in a department store when I saw my crush. I pointed him out to my sis, then went over to talk to him. Just as I got close to my crush, my nephew ran up and pushed me into him. I lost my balance and totally knocked him over. Needless to say, I got his attention!"—J.M., 15, Conn.

**"I invited some guys and girls** over for my 13th birthday party. We went upstairs to my room to play Truth or Dare. I was having my period, and the night before I leaked on my sheets. I asked my mom to change the sheets before the party, but I guess she forgot. Anyway, while we were playing Truth or Dare, the guys sat on my bed. One of them flipped back my sheets to grab a pillow, and smack in the middle of my bed was a big spot of blood. I was mortified!" —K.N., 13, British Columbia, Canada

**"I went to the drugstore** to get some tampons and pads. I wanted to buy them as quickly as possible so nobody would see me. But when I got to the counter, the cashier announced over the intercom, 'I need a price check on ultra-thin maxipads.' I looked around to see if anyone was staring, and I saw two cute guys from school laughing at me."—A.S., 12, Mont.

**"I had to wake up early to** go to the dentist. I was running late, so I just grabbed a pair of jeans from a pile of clothes on the floor. When the nurse called my name at the dentist's, I started to go in and noticed her staring at the floor with a funny look on her face. Then she said, 'Umm, are those yours?' I turned around and saw a pair of my underwear in the middle of the waiting room floor (I guess they were caught in my jeans). My mom picked them up and put them in her purse while I just stood there. I was so embarrassed!"—M.M., 12, Wash.

Hopelessly humiliated? C'mon, 'fess up! We want to hear all the details of your mortifying mishaps. Write to: Why Me?, *Teen*, P.O. Box 48991, Los Angeles, CA 90048; e-mail: whyme@teenmag.com. Don't forget to include your name, age and address.

## MOST MORTIFYING MOMENT

**"I was home alone and had just gotten out of the shower when a bunch of my guy friends showed up. I grabbed a towel and ran to answer the door. I was excited to see them, so I went to hug my crush...and my towel slipped off! I covered myself up and ran upstairs to my room. The next day at school, everyone was talking about it."—A.O., 17, Minn.**

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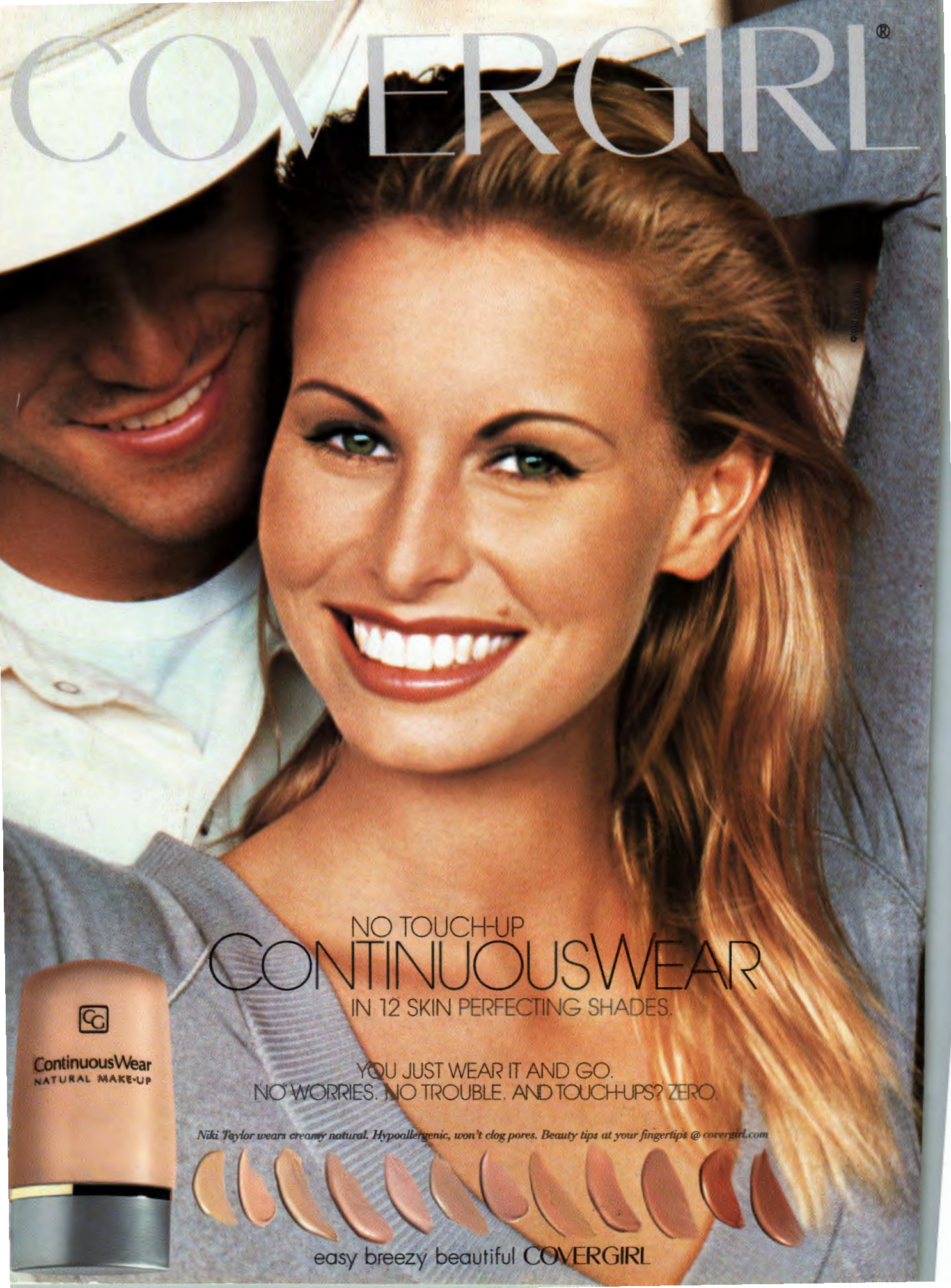
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